

Montgomery County COUNTY DEPARTMENT AUTUMN 2003 GUIDE





September 11, 2002 Memorial Service at Courthouse Square Park, Rockville, Maryland Site of 9/11 Memorial. Montgomery County Public Art, dedication: September 11, 2003.

Web sites: mcrd.net or montgomerycountymd.gov



240-777-8277

Just dial it for a fast and convenient way to register.

Our Simple Touchtone Automated Registration system allows you to register for classes/programs via a touchtone telephone 24 hours a day, 7 days a week.

Registering with STARline is convenient and fast with easy step-by-step instructions. See page 37.

Se Habla Espanol

Si está interesado en obtenér más información del Departamento de Recreación sobre los programas, proceso de asistencia financiera, actividades, centros recreativos, clases, eventos especiales, o oportunidades de empleo, por favor llamen al 240-777-6839. Ofrecemos una variedad de actividades en donde personas de todas las edades pueden participar. Si tienen ideas o sugestiones de otros tipos de programas, por favor llamen al 240-777-6839.

Cancellation Policy

The Montgomery County Department of Recreation (MCRD) holds programs and activities in its own centers, public schools, MNCPPC facilities and other private facilities. The cancellation of MCRD activities held in schools is determined by the Community Use of Public Facilities (CUPF) and is announced on WTOP am 1500 and WMAL am 630. The CUPF after hour's inclement weather line is 240-777-2706.

Weekdays, when schools are closed due to weather conditions, afternoon and evening activities are automatically cancelled, including those held in MCRD, MNCPPC and private facilities. Weekend closures may be determined by MCRD on a separate schedule. Announcements will be made on the radio stations noted above.

The MCRD program message line is 240-777-6889. This recording will be updated regarding any cancellations for MCRD classes, activities, sports programs and leagues.

For information regarding Aquatic program cancellations, call the aquatic center directly: MAC 301-468-4211, MLK Swim Center 301-989-1206 and Olney Swim Center at 301-570-1210.

Whenever any cancellations are announced, call MCRD's program message line at 240-777-6889 before attending any activity.



Internet Registration

You're only a few clicks away!

Smart...fast and efficient service, right at your fingertips!

User Friendly...login, register, make your payment and receive your class confirmation.

Reliable...accessible from any computer 24 hours a day, 7 days a week.

Financial Security...our site is registered with Digital Signature Trust to ensure confidentiality of credit card transactions.

See page 37 for details.

To Register

Programs fill quickly. We encourage you to register as soon as possible. Please read the registration and refund policy information on page 40 before completing the registration form.



RecWeb: montgomerycountymd.gov



STARline: 240-777-8277



Fax: 240-777-6857

(must pay by VISA or MasterCard)



Mail or drop-off:

Montgomery County Department of Recreation, Attention: Registrar, 12210 Bushey Drive, Silver Spring, MD 20902-1099.

Individuals requiring financial assistance must apply prior to registering. See page 40 for details.

New Address-Same Location

Our new address as of September 2:

Montgomery County Recreation Department 4010 Randolph Road Silver Spring, MD 20902-1099



Montgomery County Government is committed to complying with the Americans with Disabilities Act (ADA). If you need auxiliary aids or services (such as a mainstreaming companion, ASL or cued speech interpreter, or large print) in order to participate, please call a mainstream facilitator (240-777-6960) to discuss your needs.

WHAT'S INSIDE

Aquatics Programs	
Classes	16
Art & Crafts for Youth	
Art & Crafts for Adults	
Instructional Sports for Everyone	
Dance for Pre-school & Youth	
Dance for Teens & Adults	.21
Fitness for Youth	.23
Fitness for Adults	.23
Martial Arts for Everyone	.26
School Break Holiday Clinics for Youth	
Tiny Tots	
Wellness for Adults	.30
Xciting Xtras	.32
Cooking for Youth	32
Specialty Cooking Workshops	. 132
Drama	
Music	
Personal Development	
Sailing	2/
Dog Obedience	3/
Table Games	35
	were the last
Employment Opportunities	
Aquatics Part Time Staff	
Contractors & Staff	
Sports Officials	.13
Extras	4
Black Rock Center	2
Maryland-National Capital Park & Planning	
Round House Theatre	.15
Facility Locations	
Aquatics	6
Community Recreation Centers	
Golf Facilities	- r / m / /
Libraries	.38
Other Facilities	
Park Sites Recreation Service Centers	30
Schools	.50
Demoi Cerrers	4

Financial Assistance	40
General Information inside front	cove
RecWeb & STARline Registration	37
Registration Form	41
Registration Information	40
Seniors - 55 and Forward Thinking	[∠] [∠]
Sports Programs	12
Badminton	14
Basketball	14 14
Badminton	14 14 13
Badminton	14 14 13
Badminton Basketball Girl's Field Hockey Instructional Sports League Calendar	14 14 13 18
Badminton	14 14 13 18
Badminton Basketball Girl's Field Hockey Instructional Sports League Calendar Soccer Clinics Teen Activities	14 14 13 18 12
Badminton Basketball Girl's Field Hockey Instructional Sports League Calendar Soccer Clinics	14 14 13 18 12
Badminton Basketball Girl's Field Hockey Instructional Sports League Calendar Soccer Clinics Teen Activities	14 14 13 18 12





The public service mission of the Montgomery County Department of Recreation is to emphasize Team Work, Objectivity, Growth, Imagination, Value, and Excellence in everything we do in providing diverse recreation and leisure services for all of our communities.

The acronym **TO GIVE** represents our commitment to achieving this mission.



ARTS CLASSES Fall 2003

Classes begin September 15th

Enrollment begins August 18th for over 70 fine arts courses

Germantown Town Center MD 118 & Middlebrook Road

12901 Town Commons Drive Germantown, MD 20874

DANCE

LITERARY ARTS

MUSIC

THEATER ARTS

VISUAL ARTS

Classes for Adults, Teens, & Children

Professional Teaching Staff and Facilities

All levels of experience

DANCE

Adult - Ballet, Jazz, Tap, Swing, Salsa

Teen - Jazz, Swing, Salsa, Ballet, Hip-hop, Tap

Children - Ballet, Jazz, Hip-hop, Creative Movement, Music & Movement, Tap

MUSIC

Adult - African Drumming

Children - Music & Movement, Musical Theater

LITERARY ARTS

Adult - Fiction, Creative Writing

Teen - Creative Writing

THEATER ARTS

Adults - Acting, Scene Study

Teen - Acting, Improvisation

Children - Acting, Storytelling, Musical Theater

VISUAL ARTS

Adult - Drawing, Painting, Asian Brush Painting, Stained Glass, Nature Photography

Teen - Pastels, Mixed Media, Design, Cartooning, Drawing

Children - Art & Literature, Mixed Media, Pre-School Art, Drawing, Sculpture, Cartooning

SPECIAL NEEDS Classes in Visual Art and Movement

HOME SCHOOLERS
Classes in Theater Arts
and Visual Art

For a complete catalogue and registration information, call 301-528-2260 or visit us at www.blackrockcenter.org. All programs subject to change. See Fall 2003 Black Rock catalogue for days and times.

What's Happening

Events & Activities

September

- 12 Energy Assistance Expo Coffield Community Center. 11:00am-7:00pm. Apply for assistance with energy bills and learn about low-cost and no-cost energy efficiency measures. Giveaways and prizes, activities for kids, and exhibits. Free. 240-777-4450
- "Living Alone" Long Branch Senior Center, 11:00am. Dr Carolyn Gutowski from Holy Cross Hospital will address issues such as safety, mental health and household organization in this informative session. Free. 301-431-5708
- 19 Anniversary Family Dinner Long Branch Senior Center. 5:00-8:00pm. Long Branch Senior Center celebrates its ninth year with an Anniversary Family Dinner. Entertainment by the Young at Heart dance troupe. Cost for dinner is \$5 and reservations are required. 301-431-5708
- 20 Family Fun Fest Potomac Community Center. 11:00am-5:00pm. Carnival games, giant slide, moon-bounce, DJ, entertainment, face painting, food and prizes. Admission \$6.00 includes unlimited games/rides. 301-983-4471
- **20** Family Bingo Night Potomac Community Center. 5:00-8:00pm. Fun for the whole family. Games, prizes/snack bar/free movie for younger kids. \$5.00 plays all night. 301-983-4471
- 21 Community Flea Market Leland Community Center. 10:00am-4:00pm. Tables for sellers available for \$10.00 and up. Free for buyers. 301-652-2249

October

- 3 Thirty-First Anniversary Celebration Margaret Schweinhaut Senior Center. 11:30am-2:30pm. Festivities include lunch and a dance, with the music of Dolly Bennoff and the JC Band. Reservations and donation required for Senior Nutrition Lunch. The dance is free. 301-681-1255
- 3-4 Burtonsville Days Fairland Community Center and Columbia Park. Fireworks and other evening events on the 3rd, and a whole day of fun on the 4th. Free admission. 240-777-4970

Holiday Happening

Juried Craft Show (9

Free Admission

November 8, 2003, 10:00am-4:00pm

Bauer Drive Community Center 14526 Bauer Drive , Rockville, MD 301-468-4015 3-4 Germantown OktoberFest Seneca Creek State Park. Hot air balloon glow, fireworks, food & drink vendors 6:00-9:00pmFriday. German food, entertainment, children's games, crafts vendors, and more 11:00am-5:00pm Saturday. Free admission. 240-777-8003

4 Community Day Festival Coffield Community
Center. 11:00am-3:00pm. Come and join us as we
celebrate our community with local talent, a moon
bounce, carnival games, flea market, music, and
much more. Free. 240-777-4900

- Massage and Reiki Demonstration/Lecture Long Branch Senior Center. 11:00am. Presented by an Adventist Health Care speaker. Free. 301-431-5708
- 23 Duplicate Bridge Tournament Margaret
 Schweinhaut Senior Center. 11:30am-4:00pm.
 Fundraiser event to benefit the Holy Cross Hospital
 Adult Day Care Center's Robert J. Grossman
 Scholarship Fund. This day includes: door prizes,
 refreshments, exhibits, and giveaways. Suggested
 donation per player: \$10. 301-754-7151
- "Weight Loss" Long Branch Senior Center, 11:00am. The latest research and comparison of diet plans, presented by Ann Caldwell, RD. Free. 301-431-5708
- 25 Halloween Extravaganza East County Community Center. Noon-2:00pm. Family event. Free. 301-572-4007
- 26 Halloween Happening Potomac Community Center. 1:00-3:00pm. Costume parade, arts & crafts, carnival games, prizes, bingo. For ages 12 and under. Free. 301-983-4471
- **Sing Along** Long Branch Senior Center, 11:00am. Marjorie Spector on the piano. Free. 301-431-5708.

November

- 1 Community Flea Market/Yard Sale Potomac Community Center. 8:30am-12:30pm. Free to the public, vendors spaces available for \$25.00 in advance. 301-983-4471
- **8 Holiday Happening** Juried Craft Show, Bauer Drive Community Center, 10:00am to 4:00pm. Free Admission. 301-468-4015
- **15-16 Table Tennis Tournament** Potomac Community Center. 9:00am-6:00pm. All levels/all ages. Player applications available at the Center. Free admission for spectators. 301-983-4471



SENIORS-55 AND FORWARD THINKING

Put Zing and Zest in Your Fall Quest at Senior Centers and Neighborhood Senior Programs

Welcome to Senior Programs where you can find an exciting menu of programs, special events, trips, classes and opportunities for growth and life enhancement. Let doors open to a variety of experiences and friendships. Each Center and Program is unique.

Senior Centers

Damascus Senior Center *+ (M-F, 9:00am-4:00pm) 9701 Main Street, Damascus 301-253-1801

Gaithersburg Upcounty Senior Center * + (M-F, 9:30am-4:00pm, Tu, 9:00am-8:00pm)

80A Bureau Drive, Gaithersburg 301-258-6380 Sponsored by the City of Gaithersburg with support from Montgomery County.

Holiday Park Senior Center * + (M-F, 9:00am-4:00pm) 3950 Ferrara Drive, Wheaton 301-468-4448

Long Branch Senior Center *+ (M-F, 10:00am-2:00pm) Long Branch Community Center 8700 Piney Branch Road, Silver Spring 301-431-5708

Margaret Schweinhaut Senior Center *+
(M-F, 9:00am-4:00pm, Sat, 10:00am-3:00pm)
1000 Forest Glen Road, Silver Spring 301-681-1255

Neighborhood Senior Programs

We invite you to visit one of the Senior Programs and pick up a newsletter. Each program offers a multitude of social, educational and recreational opportunities. If no phone number is listed, call the Senior Programs office at 301-468-4540.

Clara Barton Seniors (W 10:00am-2:00pm)
Clara Barton Community Center, 7425 MacArthur
Boulevard, Cabin John

Bauer Drive Seniors (M 10:00am-2:00pm)
Bauer Drive Community Center, 14625 Bauer Drive,
Rockville

Ross Boddy Seniors * + (W, Th, 9:30am-2:00pm) Ross Boddy Community Center, 18529 Brooke Rd, Sandy Spring 301-570-1215

Clarksburg Seniors (W 10:00am-2:00pm) Clarksburg Recreation Center, Route 355 at 22501 Wims Rd, Clarksburg

Coffield Senior Program (W, Th, 10:00am-2:00pm)
Coffield Community Center, 2450 Lyttonsville Road,
Silver Spring
240-777-4900

Wednesday Program is a partnership of the Jewish Community Center and the Department of Recreation. Lunch available for Wednesday program only, call 301-230-3751 for reservations. East County Seniors * + (Tu, F, 10:00am-2:00pm)
East County Community Center, 3310 Gateshead Manor
Way, Silver Spring
301-572-7004

Seniors: 301-468-4540

Evergreen Senior Program (Tu, W, F, 9:00am-4:00pm)Germantown Community Center, 18905 Kingsview Road, Germantown 301-601-1685

A partnership of the Chinese Culture and Community Service Center, Inc. and the Department of Recreation.

Fairland Seniors* (Th 10:00am-2:00pm)

Fairland Community Recreation Center, 14906 Old Columbia Pike, Burtonsville 240-777-4970

Germantown Seniors * + (M, Th, 10:00am-2:00pm)
Germantown Community Center, 18905 Kingsview
Road, Germantown 301-601-1685

Longwood Seniors (M 10:00am-2:00pm)

Longwood Community Ctr, 19300 Georgia Avenue, Brookeville

Owens Park Seniors + (Tu, W, 10:00am-2:00pm) 19900 Beallsville Road, Beallsville 301-428-8127

Potomac Seniors + (Tu 10:00am-2:00pm)
Potomac Community Center, 11315 Falls Road,
Potomac

- * Nutrition lunch program available
- + Limited transportation available

Other Opportunities

HOC Facilities

Programs provided at Waverly House and Leafy House



at the

InfoExpo

Sunday, September 7, 11:00am-5:00pm White Flint Mall, Rockville

- Informative exhibits
- Expert Speakers
- Health Screenings
- Giveaways & Door Prizes
- Entertainment

Sponsored by *Senior Beacon* newspaper in partnership with Montgomery County Recreation Department's Senior Programs

For more information, call Holiday Park Senior Center at 301-468-4448

A Sampling of Opportunities at a Senior Center Near You

Seniors: 301-468-4540

Tea Dances Foxtrot, rumba, mambo, tango and more...to the sounds of live dance music. Fee: \$4.00/\$3.00 with HPSI card. August 22, September 5 & 19, October 10, 24 & 31, November 3, Holiday Park Senior Center.

Living Alone Dr. Carolyn Gutowski will address issues such as safety, mental health and household organization. Free. September 18, 11:00am, Long Branch Senior Center

Long Branch Senior Center Anniversary Family Dinner Entertainment by the Young at Heart dance troupe. Fee: \$5.00, call 301-431-5708 for reservations. September 19, 5:00-8:00pm, Long Branch Senior Center.

On Stage America travel & musical extravaganza sponsored by Holland America and AAA. Free. September 24, 1:15pm and 7:00pm (choose one), Holiday Park Senior Center.

The History of the Space Program Presented by Howard Roseman, Smithsonian docent. Free. October 1, 1:15pm, Holiday Park Senior Center.

A Glance At Your Past: A Story To Tell Carol Petranek, genealogist, tells us how to get started on our family history. Free. October 8, 1:15pm, Holiday Park Senior Center.

Massage and Reiki Demonstration and Lecture Presented by Adventist Health Care speaker. Free. October 14, 11:00am, Long Branch Senior Center.

Weight Loss: The Latest Research and Comparison of Diet Plans Ann Caldwell, RD, speaker. Free. October 23, 11:00am, Long Branch Senior Center.

The Power of Society's Conventions Dr. Diane Rowland, English literature professor, teaches 19th century classics. Call 301-468-4448 for registration information and book readings. Fee: \$40.00/\$34.00 with HPSI card or \$10.00 per session. October 27, November 24, January 12 and February 2, 10:00am-Noon, Holiday Park Senior Center.

'This Joint Is Jumpin' Find Out All About Joint Replacement Surgery and is it for You? Presented by Dr. Patrick Caulfield, Orthopedist, Joint Replacement Specialist. Free. November 6, 1:15pm, Holiday Park Senior Center.

Men's Weight Training Exercise Class sponsored by Suburban Hospital's HeartWell Program. Fee: \$5.00 for materials. Pre-registration required. Call 301-468-4448 for information. Holiday Park Senior Center.

Start SOARing . . . It's The Thing To Do!

Awaken the spirit of adventure!

Specially designed day trips for the active senior. Call 301-468-4540 for registration information.

S-021 Bicycling Around St. Michael's on the Eastern Shore Thurs. Sept. 25

Enjoy leisurely biking around quaint St. Michael's. The area is level and easily traversed. Explore the many shops and restaurants or take a boat ride. OPTION A: \$30 provides two-hour bike rental. OPTION B: \$36 provides four-hour bike rental. OPTION C: \$24 will allow you to tour on your own without bike. Travel by Motorcoach.

Fee: \$30/36/24 Leave 8:00am, Return 5:00pm

S-022 60th Annual Homes Tour & Crafts Festival in the Village of Waterford, VA Fri. Oct. 3

Join us for the oldest juried craft fair in Virginia. See demonstrations of traditional craftsmanship by over 140 acclaimed artisans, military re-enactments, music & dance, art exhibits and tours of 18th & 19th century homes. Wear comfortable walking shoes, there's a lot of hilly terrain. Travel by Motorcoach. Fee: \$27 Leave 8:45am, Return 5:00pm

S-023 Guided Tour of Dumbarton Oaks Mansion, Museum and Gardens plus Walking Tour of Historic Georgetown Thurs. Oct. 9

Enjoy a docent-guided tour of the extensive formal gardens and the 19th century Federal style mansion/museum. See the Byzantine collection and the Pre-Columbian art museum. View well-known pieces of sculpture, painting, tapestries and antique furniture. Lunch, (on own), at Georgetown Square Food Court. Then take a guided walking tour of Historic Georgetown, where you'll see historic homes; the Pre-Revolutionary Old Stone House; Federalist and Victorian architecture; and the C&O Canal. Travel by Motorcoach Fee: \$36

Leave 9:30am, Return 5:45pm

S-024 Visit to Luray Caverns and Shenandoah Vineyards in Virginia Thurs. Oct. 16

We'll take a one-hour guided walking tour of Luray Caverns. Explore the romantic history of transportation at the Historic Car and Carriage Caravan. Then visit Shenandoah Vineyards, where we'll have lunch included, a guided tour of the winery, and a wine tasting. Travel by Motorcoach. Please Note: There are several hundred steps to descend/climb.

Fee: \$55

Leave 7:30am, Return at 5:30pm

S-025 Tour of Famous Hillwood Museum & Gardens Washington, DC Thurs. Oct. 23

A tour of Hillwood Museum and Gardens features imperial Russian fine and decorative arts, and an extensive collection of 18th century French works of art. Founded by Marjorie Merriweather Post, the 25-acre estate features magnificent gardens. Lunch is included. Travel by Motorcoach.

Fee: \$39

Leave 9:30am, Return at 4:45pm

S-026 Tour U.S. Army Ordnance Museum at Aberdeen Proving Grounds Thurs. Oct. 30

Guided by the Museum Director, a Vietnam veteran Marine Corps Captain, a professor with a Ph.D. in History, and an armaments expert with appearances on the History Channel. Wander up and down the museum's rows of tanks, artillery pieces, and armored cars. Lunch (on own) at the Officer's Club. Travel by Motorcoach.

Fee: \$17 Leave 8:15am, Return at 3:30 pm

S-027 Visit to the National Aquarium at Baltimore Thurs. Nov. 6

Venture into the domain of dazzling reef fish, sleek sharks, playful dolphins, rays, and thousands more, including "Seahorses-Beyond Imagination." Attend the dolphin show. Lunch, on own, in Aquarium cafeteria or next door at the Inner Harbor. Travel by Motorcoach.

Fee: \$30 Leave 8:15am, Return at 4:30pm

S-028 duPont's Hagley Museum & Nemours Mansion & Gardens, Wilmington, DE Thurs. Nov. 13

Tour Hagley Museum, visit the first duPont family home and its gardens, the Blacksmith Hill workers community, the first duPont Powder Yards, and a 19th century machine shop. Lunch is included. Then visit Alfred duPont's Nemours Mansion and Gardens, a modified Louis XVI French chateau furnished with antique furniture, rare rugs, tapestry, and works of art. Travel by Motorcoach.

Fee: \$55 Leave 7:00am, Return at 5:00pm

AQUATICS PROGRAMS

The Department of Recreation operates three indoor swimming pools to serve Montgomery County residents. These pools are accessible to individuals with disabilities. Detailed schedules of recreational swim hours, lessons, swim teams and all other programs are available at each pool. For more information, call the number listed below.

Indoor Pools

Martin Luther King, Jr. Swim Center (MLK) 301-989-1206 1201 Jackson Road, Silver Spring

(off New Hampshire Avenue, south of Randolph Road) Includes 8-lane, 25-yard pool with a movable bulkhead, allowing for a separate diving area with 1- and 3-meter boards and 5-meter platform, separate warm water teach pool with shallow water for easy access, 2 hydrotherapy pools, weight and exercise room, all purpose room, and locker and shower facilities.

Montgomery Aquatic Center (MAC)

301-468-4211

5900 Executive Boulevard, North Bethesda (between Nicholson Lane & Old Georgetown Road) Includes 8-lane, L-shaped, 50-meter main pool, warm-water leisure pool, two separate hydrotherapy pools for adults, 10-meter diving platform and interior water slide, exercise room, snack bar, locker and shower facilities, saunas, lighted outdoor jogging trail and enclosed racquetball courts.

Olney Indoor Swim Center (OSC)

301-570-1210

16601 Georgia Avenue, Olney (in the Olney Manor Park) Includes an 8-lane, 25-yard pool and separate diving area with 1- and 3-meter boards, a shallow warm water free form leisure pool, two hydrotherapy pools, saunas, weight and exercise room, all purpose room, locker and shower facilities.



Swimming Instruction

Swim lessons meet once a week for 6 weeks, or twice a week for 3 weeks. Fall will offer two sessions. Fall I lessons are scheduled to begin the week of September 8 and Fall II lessons will begin October 27. A schedule listing dates, times and fees will be available at all pools by August 1. Note: MAC's schedule will vary due to renovations.

Aguatics: 240-777-6860

SWIM LESSONS WILL BE HELD ON ROSH HASHANAH, YOM KIPPUR, COLUMBUS DAY AND VETERAN'S DAY

Advanced in-person registration is necessary for learn-to-swim lessons for all ages and abilities and will take place at each pool. Sign up at the pool where you wish to take lessons. No phone or mail registration will be accepted. Classes may be consolidated or cancelled when it is deemed necessary.

Cost: \$40 to \$50 for six lessons. Non-County residents are charged an additional \$10.00 fee.

Lesson Registration dates for MAC, MLK, & OSC: (Call pool for details.)

Youth:

Saturday Lessons August 23 Sunday Lessons August 24 Weekday Daytime August 27 Weekday Evening August 27

Adult:

Begins August 25 during pool operation hours.

Continued registration for residents, and initial registration for non-residents will begin the day following each registration.

Special Aquatics Courses

Adapted Aquatics is a learn-to-swim program for children aged 4 to 15 with special needs, and runs concurrently with other MAC swim programs. Volunteers are needed to assist instructors. For information, call 301-468-4211. Registration begins Monday, August 25.

Lifeguard Training, CPR and Instructor Training courses will be offered at MLK, MAC or OSC. Specific schedules are available at pools. Registration begins in early September.

FAMILY RECREATIONAL SWIMS

Recreational and Lap Swim sessions for the entire family are available daily at each pool. Patrons have the option of paying an admission for each entry, or purchasing a Family or Individual Pool Pass. Drop by or call the pool nearest you to receive information on schedules, admission fees, and pass prices. Groups of more than 8 persons must contact the pool for advice as to when to attend a Recreational Swim period. Ask the Cashier about Punch 12 Discount Cards.



Aquatics: 240-777-6860

Competitive Programs

Montgomery Swim Club (RMSC) is a competitive age-group swim team for boys and girls, 6-18 years, who train at either MLK, MAC, or OSC. In addition to stroke improvement and fitness, swimmers will be encouraged to participate in local USA Swimming competitions. Call the pool for information.

SwiMontgomery is a developmental program at MAC and OSC for children who have received swim lessons or have had at least one summer of swim team experience, but are not yet ready for the RMSC Swim Team Program. Call the pool for more information.

The Montgomery Dive Club (MDC) is an advanced age-group competitive diving program offered at MLK, MAC, and OSC. Divers prepare to compete in local and national level meets. An introductory level tower diving program is available at MLK while a full tower training program will be offered at MAC. Diving lessons and Masters Diving is also offered at MAC. Program flyers are available at each pool, or call MDC at 1-866-DIVE MDC or visit www.montgomerydiveclub.com.

Montgomery Masters "Ancient Mariners" is designed for competitive swimming adults who seek a structured workout with a professional coach. Local or national competition is available for those who wish to compete. Triathletes are welcome. Training is offered at MLK, MAC and at the Olney Swim Center. Call Clay Britt at 301-996-SWIM.

Sunday Evening Stroke & Turn Clinic, a stroke improvement swim program for summer league swimmers to continue in a once-a-week technique clinic, is available at MAC, MLK, and OSC. Call 240-350-8511 for information.

Pool Rentals-Parties

MAC, OSC, and MLK have times available for rental by groups. Party Rooms are available for rent. Contact the pool managers for available times and fees.

Water Fitness Classes

An exercise session in the water is a highly effective cardiovascular workout while strengthening your muscles in a safe and gentle environment. Water Fitness classes benefit the very fit as well as the very frail. Classes are ideal for people with joint and limb disorders and for individuals who are overweight or pregnant.

- No previous swimming experience is necessary.
- Both men and women of all ages are welcome.
- Different instructor styles add a nice variety to your program.
- Physician release form is required if you are pregnant.
- Physician consultation is recommended prior to participation in any exercise program.
- Music may be used to enhance exercise experience.

Note: In response to instructors' and participants' request, classes will be held on Rosh Hashanah, Yom Kippur, Columbus Day and Veteran's Day. There will be no classes Thanksgiving week (11/24-11/29) at MLK or OSC. Note: Classes will be held Monday, Tuesday, Wednesday, and Saturday at MAC during that week.

Indoor Pools

Martin Luther King Pool (MLK)	301-989-1206
Montgomery Aquatic Center (MAC)	301-468-4211
Olney Swim Center (OSC)	301-570-1210

Due to delayed opening at Montgomery Aquatic Center, some classes will not run all 13 weeks. Please see prices below for various class lengths:

below for various class lengths.	
13 Fifty minute classes	\$62.00
12 Fifty minute classes	\$58.00
11 Fifty minute Saturday classes	\$54.00
10 Fifty minute classes	\$50.00
9 Fifty minute classes	\$46.00

Non-County residents pay additional \$10.00 per course

Instructors

tor will confirm with each class.

Waterworks - (Watrwks) Sally
Wellness Network - (Welnet) Linda
H20 Fitness - (H20Fit) Peggy
Note: Classes will be held on most holidays, but the instruc-

Now Hiring Part Time Staff!

Part-time temporary work is available at the indoor pools for Lifeguards, Instructors, Cashiers and Swim Coaches. Training and certification is available. For more information, contact a facility supervisor at the indoor pool nearest you, or call the Aquatics Office at 240-777-6860.



CLASSES

IVICIVI	GOIVIE	KT 000NTT	DLI.	7 (1 () 1 () 1	-141 01	- 1 \	LOK			_
		W	4 T	E F	R F	-	Т	N	Ε	
Abs &	Glute	S					죰	*		9
		ass with focus c	n Ahs	& Clute	os Mato	r alc	0			9
		nd can be purch			.s. vvatci	gic	JV C3 (arc		9
3 Session		ia can be parer	iasca a	t Glass.				\$62		9
1688	MLK	H2OFIT		9/8	12/8	NΛ	10:0			1
1689	MLK	H2OFIT		9/10	12/10		10:0			9
				7/10	12/10	• •				9
	Sculpt	•					4	*		9
		orkout with no								9
		ed exercise clas								9
		sistance of water					bells	ana		9
		mended and ca	in be p	urchase	eu at cias	5.		ቀረ ን		١
3 Sessio		LIOCEIT		0/10	12/12	г	10.0	\$62		F
1691	MLK	H2OFIT		9/12	12/12	F)Oam		۷
3ody	Sculpt	ing					4	*		С
land-b	ased cla	ss designed for	cross tr	raining '	with wat	er fi	itness	S		1
lasses. I	Focus is	on Abs, Glutes,	legs a	nd uppe	er body					9
3 Session	ons							\$62		9
1692	MLK	H2OFIT		9/9	12/9	Τu	ı 10:0)Oam		9
1693	MLK	H2OFIT		9/11	12/11	Th	10:C)0am		9
1697	Olney	Wellness		9/8	12/8	M		80am		9
1698	Olney	Wellness		9/9	12/9	Tu)0pm		9
1699	Olney	Wellness		9/11	12/11	Th	n 7:0)0pm		9
1 Session	ons							\$54		1
1700	Olney	Wellness		9/6	11/15	Sa	10:0			9
12 Sessio	ons							\$58		9

Powerflex

9/30

10/2

10/03

12/16

12/18

12/19

Tu 6:30pm

Th 6:30pm

7:30am

\$54

A land-based class that combines strengthening poses, breathing techniques and body alignment to strengthen and elongate the muscles. Helps to increase mind-body awareness and decrease stress.

13 Sessions 93725 Wellness 9/11 12/11 10:00am Olney

Deep Water Running & Exercise

Watrwks

Watrwks

Watrwks

Ideal cardiovascular exercise with no weight bearing stress. Beneficial for crosstraining and/or rehabilitating persons requiring cushioning of deep water. Classes given in diving well using ski belt for flotation.

13 Session	ons		_			\$62	
91701	MLK	H2OFIT	9/8	12/8	M	1:00pm	
91702	MLK	Wellness	9/9	12/9	Tu	7:30pm	
91703	MLK	H2OFIT	9/10	12/10	W	1:00pm	
91704	MLK	Wellness	9/11	12/11	Th	7:30pm	
91705	MLK	H2OFIT	9/9	12/9	Tu	7:30am	
91706	MLK	H2OFIT	9/11	12/11	Th	7:30am	
91708	MLK	H20FIT	9/12	12/12	F	1:00pm	
91718	Olney	Wellness	9/9	12/9	Tu	8:00pm	
91719	Olney	Wellness	9/9	12/9	Tu	8:30am	
91720	Olney	Wellness	9/11	12/11	Th	8:00pm	
91721	Olney	Wellness	9/11	12/11	Th	8:30am	
91722	Olney	Wellness	9/12	12/12	F	6:00pm	
91723	Olney	Wellness	9/9	12/9	Tu	10:30am	
91724	Olney	Wellness	9/11	12/11	Th	10:30am	
91725	Olney	Wellness	9/8	12/8	M	7:00pm	
91726	Olney	Wellness	9/10	12/10	W	7:00pm	
91727	Olney	Wellness	9/10	12/10	W	1:30pm	
91728	Olney	Wellness	9/8	12/8	M	6:30am	
91729	Olney	Wellness	9/10	12/10	W	6:30am	
91730	Olney	Wellness	9/12	12/12	F	1:30pm	
11 Session	11 Sessions \$54						
91732	Olney	Wellness	9/6	11/15	Sa	9:00am	
12 Session	ons					\$58	
91707	MAC	Watrwks	9/29	12/15	M	8:30am	
91709	MAC	Watrwks	9/29	12/15	M	1:30pm	

91710 91711	MAC MAC	Watrwks Watrwks	9/30 10/1	12/16 12/17	Tu W	10:00am 8:30am	
91712	MAC	Watrwks	10/1	12/17	W	1:30pm	
91716	MAC	Watrwks	9/30	12/16	Tu	7:30pm	
11 Sess	ions					\$54	
92318	MAC	Watrwks	10/2	12/18	Th	10:00am	
91717	MAC	Watrwks	10/2	12/18	Th	7:30pm	
91714	MAC	Watrwks	10/03	12/19	F	8:30am	
91715	MAC	Watrwks	10/03	12/19	F	1:30pm	
9 Sessions \$46							
91731	MAC	Watrwks	10/4	11/29	Sa	9:30am	

Aquatics: 240-777-6860

ater Aerobics

t-paced aerobics class done in shallow water. High intensity rkout uses water to cushion feet, knees and back. Emphasis on diovascular conditioning.

13 Sessi	ons					\$62
91783	MLK	H2OFIT	9/9	12/9	Tu	8:30am
91784	MLK	H20FIT	9/11	12/11	Th	8:30am
91790	Olney	Wellness	9/9	12/9	Tu	7:00pm
91791	Olney	Wellness	9/11	12/11	Th	7:00pm
91792	Olney	Wellness	9/9	12/9	Tu	9:30am
91793	Olney	Wellness	9/11	12/11	Th	9:30am
91794	Olney	Wellness	9/8	12/8	M	1:30pm
12 Sessi	ons					\$58
91787	MAC	Watrwks	10/1	12/17	W	9:30am
91789	MAC	Watrwks	9/29	12/15	M	9:30am
91785	MAC	Watrwks	9/30	12/16	Tu	8:30am
11 Sessions						\$54
91786	MAC	Watrwks	10/2	12/18	Th	8:30am
91788	MAC	Watrwks	10/03	12/19	F	9:30am
	_					

Water Exercise for Arthritis

Specially modified class for those who have arthritis and who cannot participate in regular exercise classes.

carniot	oai ticipat	c ili regular exercise e	iussos.			
13 Sessi	ons	•				\$62
91795	MLK	Wellness	9/9	12/9	Tu	10:30am
91796	MLK	Wellness	9/11	12/11	Th	10:30am
91800	Olney	Wellness	9/8	12/8	M	10:00am
91801	Olney	Wellness	9/10	12/10	W	10:00am
91802	Olney	Wellness	9/12	12/12	F	10:00am
12 Sessi	ons					\$58
91797	MAC	Watrwks	9/29	12/15	M	11:00am
91798	MAC	Watrwks	10/1	12/17	W	11:00am
11 Sessions \$54						
91799	MAC	Watrwks	10/03	12/19	F	11:00am

Water Exercise

Multi-level aerobics class using water resistance to increase range of motion, strengthen muscles and improve cardiovascular fitness. It is not necessary to get your face wet.

13 Sessi	ons					\$62
91803	MLK	H2OFIT	9/8	12/8	M	9:00am
91804	MLK	Wellness	9/9	12/9	Tu	8:30pm
91805	MLK	H20FIT	9/10	12/10	W	9:00am
91806	MLK	Wellness	9/11	12/11	Th	8:30pm
91807	MLK	H20FIT	9/12	12/12	F	9:00am
91813	Olney	Wellness	9/10	12/10	W	9:00am
91814	Olney	Wellness	9/12	12/12	F	9:00am
91815	Olney	Wellness	9/8	12/8	M	8:00pm
91816	Olney	Wellness	9/10	12/10	W	8:00pm
91817	Olney	Wellness	9/8	12/8	M	9:00am
12 Sessi	ons					\$58
91808	MAC	Wellness	9/29	12/15	M	8:30pm
91809	MAC	Watrwks	9/30	12/16	Tu	11:30am
91810	MAC	Wellness	10/1	12/17	W	8:30pm
91812	MAC	Watrwks	9/30	12/16	Tu	8:30pm
11 Sessi	ons					\$54
91811	MAC	Watrwks	10/2	12/18	Th	11:30am

91695

91696

91694

11 Sessions

MAC

MAC

MAC

TEEN ACTIVITIES

For the latest information, schedules or brochures on any of the following activities please call the Teen Team at 240-777-6961.

Opportunities for Middle & High School Teens

YOUTH ADVISORY COMMITTEE

Teen Team: 240-777-6961

YAC is a fifty-member committee appointed each summer by the County Executive. Their purpose is to take action on recommendations from peers to improve the quality of life for Montgomery County youth. From social issues to special events, they play an active role, participating and producing programs that have a positive impact on Montgomery County. Both middle school and high school students are represented on this committee.

TEEN CLUBS

Organized trips and special outings are offered through Recreation Teen Clubs at most Montgomery County middle and high schools. Call your school for details.

COMMUNITY TEEN INIATIVES

Various community groups in collaboration with the Department of Recreation, plan teen programs and special events including dances, live bands and bowling. These are just a sample of the possible activities planned by and for teens in your community.

Opportunities for High School Teens

UNDER 21 SPECIAL EVENTS

Exciting activities are being planned for the fall including billiards nights, dances and more; with DJ's, games, and door prizes. Snacks and refreshments are also available for purchase. School ID is required for admittance. Sponsored by the Montgomery Youth Advisory Committee.



Opportunities for Middle School Teens

REC EXTRA

Designed to enhance after school programs with recreational activities specifically planned for that school's student body. While every Montgomery County middle school may receive additional recreation programs during their current after-school program time frame, selected schools have been identified as priority schools. These priority schools have an additional day of after-school programming. Interested in a specific program at your middle school? Contact your school-based After-School Activities Coordinator or call the Teen office.

AFTER HOURS

Popular Friday evening programs located in select Community Recreation Centers in the County. Open to all middle school students. Teens can socialize with friends, participate in sports, arts and crafts, as well as special events.

Volunteer Opportunities for Teens

The Department of Recreation is always looking for teen volunteers to make a difference in our county. Volunteers receive Student Service Learning hours for their leadership in our activities.

BIG BUDDY

The Big Buddy/Little Buddy Mentoring Program pairs Montgomery County high school students with homeless children. For three hours a week, the buddies form a unique bond by playing games, reading together, playing sports, and just being friends. Once a month, the buddies as a group participate in a recreational, educational, community service and/or social event such as Adventure World, Seneca Creek State Park, or beautifying a neighborhood. There are two sessions October through March and January through June, the application deadline for the first session is mid September.

K.E.E.N. CLUB

Kids Enjoy Exercise Now pairs high school students with high school students with disabilities with other sports-minded high school students, forming partnerships through playing sports. The program meets every other Sunday throughout the academic year and play team-oriented sports such as soccer, basketball, and swimming.

Therapeutic Recreation Programs

The *Therapeutic Recreation Team* will be joining with the *Senior Programs Team* to make the new *Seniors and Therapeutic Recreation Team*, housed at Holiday Park Senior Center, 3950 Ferrara Drive, Wheaton. Our new phone number will be 301-468-4540, starting late August.

Mainstreaming Opportunities

Individuals with disabilities are encouraged to register for programs. To facilitate your inclusion, you may request auxiliary aids and services.

Interpreters, large or braille print, other auxiliary aids or services, or companions must be requested at least 2 weeks prior to the start of the program. Please call 240-777-6960, TTY 240-777-6974, to schedule an intake for accommodations needed.

Companions provide one-to-one assistance to facilitate participation and assimilation into the program. Most companions are volunteers and placements are limited, so early notification is essential.

Children's Programs

Kaleidoscope



Ages 6–10, with learning disabilities and/or attention deficit disorder (ADHD): A structured setting offers arts and crafts, games, and outdoor play in a park setting with playgrounds and fields. Participants should be able to follow simple instructions, understand basic rules, and express needs. Bring a bag lunch. 1 staff to 4 participants. No class on 11/29.

8 Three hour sessions	\$60
-----------------------	------

92618 Ken Gar Palisades PC 10/11 Sa 10:30am

Creative Expression and Dance



Ages 3–5, with mild developmental delays: Dance and creative movement offers young children the opportunity to increase gross motor skills while focusing on developing self-confidence and creativity through the art of dance. Adult required to participate throughout the entire class.

8 Forty-five minute sessions \$42

92619 Bauer Drive CC 10/14 Tu 4:15pm

Karate for Individuals with Disabilities ★⁴

Ages 5&Up: Introduction to traditional Korean Karate (Tang So Do) with emphasis on improving motor planning and performance. Includes stretching and calisthenics as an introduction to physical fitness. New students attend 9:00 class.

8 Forty-five minute sessions \$68 93530 Randolph Hills PC 9/6 Sa 9:00am 93531 Randolph Hills PC 9/6 Sa 9:45am Fun Times

Ages 6–10, with autism: A structured travel program visiting nature centers, parks, and other recreational activities. Participants should be able to follow simple instructions, understand basic rules, and toilet independently. Bring a bag lunch. 1 staff to 3 participants. No personal care provided. No class on 11/29.

 8 Three hour sessions
 \$60

 92718 Tilden Woods RC
 10/11
 Sa 10:30am



TR Team: 240-777-6960

Golf at Laytonsville Golf Course



Ages 8-16: Children and teens with hearing loss/deaf or ADHD/ADD. Instruction includes setup (proper grip, stance, and posture), mechanics of the golf swing (half swing and full swing), and putting techniques. Course instructor is fluent in American Sign Language (ASL). TTY 240-777-6974. 4-6 students per instructor. \$5.00 ball fee due each class. Bring clubs.

5 One hour sessions \$83 93535 Laytonsville GC Dyess 9/11 Th 4:30pm

Funfit Kids Like Me!



Ages 2-5: Specially designed for kids with disabilities. A fun-filled adult/child high-energy activity class that includes songs, stories, parachutes, games, balls, music, and more. Develops motor skills, coordination, socialization, cooperation and reinforces cognitive development. A great workout for both you and your child. Adult participation required. Please call toll free 1-888-8FUNFIT. \$10 material fee due to instructor. No class on 11/29.

8 Forty-five minute sessions\$5292620 Stoneybrook PC10/11 Sa9:30am

Teen and Adult Programs Adult Swim



Ages 18&Up, with disabilities: Adapted aquatics and swim instruction in a group setting. Participants should be able to indicate basic wants and needs and have minimal self-help skills. 1 staff to 4 participants. No personal care provided. No class on 11/27.

8 One hour and thirty minute sessions				
93119	MLK Swim Center	10/7	Tu	8:30pm
93120	MAC Swim Center	10/9	Th	8:00pm

TTY: 240-777-6974

Beginning Handbuilt Pottery for Adults ★⁴

Ages 18&Up, with disabilities: Handbuilding techniques include decorating, firing, slab, coil and pinch methods. Participants must be able to indicate wants and needs. \$15 material fee due instructor. 1 staff to 8 participants. No personal care provided.

8 One hour sessions				\$60
93118	Wheaton CC	10/8	W	1:30pm

Billiards

Ages 16&Up, with disabilities: Participants should have some knowledge of basic rules and skills needed for pocket billiards, be able to indicate basic wants and needs, and have minimal self-help skills. 1 staff to 4 participants.

8 One h	nour and thirty minute sessions			\$35
92622	Holiday Park Sr C	10/15	W	7:00pm

Moving with Multiple Sclerosis

Ages 18&Up, with Multiple Sclerosis: Exercise helps maintain flexibility in joints and muscle strength, relaxes the body, and promotes a sense of well-being. Discussion will focus on ways to keep exercising outside of class.

6 One hour sessions				\$32
93121	Germantown CC	10/19	Sun	1:00pm

Feeling Fit with Multiple Sclerosis

Ages 18&Up, who would like to learn to work out independently: Includes warm up, work out, and cool down. Emphasis on learning how to develop a balanced physical activity plan. At the close of the class, participants will be able to design and begin an individual fitness routine! No class on 11/27.

6 One	hour sessions			\$32
93122	Leland CC	10/23	Th	4:00pm

Slow 'n Easy Aerobics

Ages 15&Up, with disabilities: Exercise to music and get fit through movement, stretching, and coordination. Participants should be able to indicate basic wants and needs, and follow one- and two-step instructions. 1 staff to 8 participants. No class on 11/27.

8 One h		\$30		
92668	Bauer Drive CC	10/16	Th	7:00pm
92669	Wheaton CC	10/20	M	7:00pm
92670	Germantown CC	10/15	W	7:30pm

Programs to look for in the Fall Therapeutic Recreation Brochure

Adult Social Clubs Exciting weekend activities for ages 21 and older. Come make new friends and join the fun!

Dances for Teens and Adults DJ, light refreshments, and opportunities for socialization. Themes include a Sock Hop on September 12, Monster Mash on October 24, and Jingle Bell Rock on December 5.

TR Mailing List

If you would like to receive more information on TR programs or clubs, please send a postcard with participant's name, age, address, and phone number.

Mail to: Therapeutic Recreation Mailing List 3950 Ferrara Drive Wheaton, MD 20906

The *Therapeutic Recreation Team* will be joining with the *Senior Programs Team* to make the new *Seniors and Therapeutic Recreation Team*. Our location will be at Holiday Park Senior Center, and our new phone number will be 301-468-4540. We anticipate this move in late August, 2003.

Volunteer this Fall!

- · Lead or assist in children's activities
- Support your local community center
- · Work with individuals with disabilities
- Provide administrative support
- Help with senior adult programs
- Serve on the advisory board
- · Make special events successful!

Become part of our team!

Just call the team you want to work with.



We Want You!

Part-time Staff are needed to lead a wide variety of activities. Become part of our team!

Call 240-777-6840 For an application:

Contractual Instructors are needed to instruct professional quality classes for all ages. Send a resume and class proposal to:

Montgomery County Department of Recreation Personnel: Contractual Programs 12210 Bushey Drive, Silver Spring, MD 20902



Sports Programs

A variety of sports leagues for youth, teens, adults and seniors are offered on a year-round, countywide basis. Competitive levels exist for beginner and intermediate players.

Adult leagues register by team only and generally include Men's, Women's, and CoRec divisions. Registration materials for adult leagues may be obtained on a seasonal basis by request. Contact the County-Wide Sports Team office to receive current information. **Do not use the registration form in this Guide.** Individuals seeking to be placed on a team may call to be added to the list provided to managers.

Senior adult sports (age 50 and up), call Jim Ganz with Montgomery County Senior Sports Association at 301-236-9130.

Youth sports registration occurs on an individual or pre-formed team basis via flyers distributed quarterly through the schools. Volunteers are used to coach and implement these programs. The National Youth Sports Coaches' Association certification program is offered by the department. Interested adults may call for coaching information.

1 3	<i>y</i> 1	,	3	
Classes/Camps/Sports Team				240-777-6870
	Summer	Fall	Winter	Spring
Basketball				
Senior Adult			December-10 gan	
Adult	June-10 games		December-10 gan	
High School	June-10 games	September-8 games	January-10 games	
Rising Star, Grades 6–8	June-10 games		January-10 games	
Instructional, Grades 1–2			January-8 sessions	3
Baseball		0.0		
Montgomery County Baseball Asso	ociation	September-14 games		April-18 games
Football				
Co-Rec, Flag		September-10 games		
Men's Touch		September-10 games		
In line hockey		V 81/4		
Youth 6–16 years		September-8 games		April-8 games
Soccer				1 1/11
Men's, Women's and Co-Rec		September-9/10 game	es	April-9/10 games
Instructional, Grades K-4		October-6 sessions	P///	April-6 sessions (Grades K-2 only)
				(Grades K-2 only)
Softball			7 / 1//	
Senior Adult				April-14/28 games
Men's, Women's and Co-Rec	June-10 games	August-7/14 games	49/	April-14/28 games
High School Fastpitch	June-8 games		35	
Tennis			Mu	7
Adult League (Single, Doubles, Mi	xed)	September-7 matches		April-7 matches
Volleyball		·		
Men's, Women's and CoRec		September-7 matches		April-7 matches
Clinics	June-7 weeks		January-7 weeks	
Youth Services Team			<u> </u>	240-777-6961
Grades	Summer	Fall	Winter	
	Summer	ган ————————————————————————————————————	vviiitei	Spring
Basketball		0 1 1 7		
Grades 3–8		September-7 games (Grades 5-8 only)	January-8 games	
Baseball		(Grades o o orny)		
Grades 2–9				April 10 games
Tball Grades K–2				April-10 games April-6 sessions
				April-0 sessions
Field Hockey		Cambanahan / manaa		A : 1 /
Girls, Grades 5–8		September-6 games		April-6 games
Football		0 1 1 0		
Grades 2–8 Flag		September-8 games		
Softball				
Slowpitch Girls, Grades 3–12		September-8 games		April-8 games
Factnitch Cirls Crades 7 0		(Grades 3-8 only) September-8 games		April O gamas
Fastpitch Girls, Grades 7–8		september-8 games		April-8 games
12	,A D	ocl//ob registrations +	STADline memb	porchin (Soo page 27

Youth Services: 240-777-6961

National Youth Sports Coaches' Association (NYSCA) certification program

Certified volunteers are needed to coach in youth basketball, flag football, in line hockey, baseball and softball.
Certification includes the National Youth Sports Coaches' Association (NYSCA) program. This program trains and prepares youth coaches and provides secondary liability insurance for those completing the training. Contact Corky McCorkle at 240-777-6961 for a seasonal schedule of upcoming clinics.

OFFICIALS NEEDED

Individuals at least 16 years of age are needed to officiate games in our youth sports leagues. Salary is determined by previous officiating experience and education. For more information, call the Youth Services Team at 240-777-6961.

Flag football-Saturday hours, Grades 2-8. Training begins in September

Softball-Saturday and Sunday hours. Grades 2-9. Training in March

Basketball-Saturday and/or Sunday hours. Grades 4-6. Training in late November and December.



Something wonderful will be happening at White Oak Golf Course.

Call 240-777-6821 or check out the website at mcrd.net

Girls Field Hockey League

4

Grades 4-8: Introductory program (7v7 format), teachs fundamental skills and game strategy. Includes two instructional clinics, an open practice day on September 27, five Saturday games and a Fun Day Tournament (un-seeded, single eliminiation, competitive). Teams may schedule additional practices at discretion of the coach. Game schedule will be distributed September 20. Players must provide stick, shorts, shin guards and mouthpiece. Shirts, officials, balls and goalie equipment are provided. The league is comprised of pre-formed teams, requested by coach prior to September 4, 2003, and players assigned to teams by middle school district on a first come basis. A minimum of 11 players and an adult volunteer coach are needed for a team to be formed. Beginning August 20, 2003 thru September 4, 2003 volunteer coach's submitting a pre-formed team may contact our Youth Services office at 240 777-6961 to request a coach's packet.

2 Two hour Instructional Clinics (5 Games, 1 Fun Day Tournament)

(5 Games, 1 Fun Day Tournament)					\$52
90644	Bushey (MCRD Offices)	4th-6th	9/13	Sa	9:00am
90645	Bushey (MCRD Offices)	7th-8th	9/13	Sa	9:00am
93776	Potomac CC	4th-6th	9/13	Sa	9:00am
93777	Potomac CC	7th-8th	9/13	Sa	9:00am

Girls Field Hockey Varsity League

Grades 8-9: An advanced program (7v7 format), to practice and refine established skills and game strategy. Includes one team practice clinic followed by an open practice day, September 27, five Saturday games and a Fun Day Tournament (un-seeded, single eliminiation, competitive). Teams may schedule additional practices at discretion of the coach. Game schedule will be distributed September 27. Players must provide stick, shorts, shin guards and mouthpiece. Shirts, officials, balls and goalie guipment are provided. The league is comprised of advanced skilled 8th grade girls and 9th grade players on pre-formed teams from MCPS and private high schools. Volunteer coaches may format teams prior to September 15, 2003. Players not assigned to a pre-formed team will be assigned to teams by middle school district on a first come basis. A minimum of 9 players and an adult volunteer coach are needed for a team to be formed. Beginning September 2 thru September 15, 2003 volunteer coach's submitting a pre-formed team may contact our Youth Services office.

1 Team Practice Clinic

(5 Games, 1 Fun Day Tournament)			\$52		
93826	Bushey Drive (MCRD Offices)	9/20	Sa	1:00pm	
93828	Potomac CC	9/20	Sa	1:00pm	
	93826	(5 Games, 1 Fun Day Tournament) 93826 Bushey Drive (MCRD Offices) 93828 Potomac CC	93826 Bushey Drive (MCRD Offices) 9/20	93826 Bushey Drive (MCRD Offices) 9/20 Sa	

First Tee Montgomery-Youth Golf

For youth interested in learning golf but cannot afford lessons, MCRD is working in partnership with First Tee Montgomery, Inc. to provide program scholarships at the Laytonsville and White Oak golf courses. Instruction will be by PGA professionals. Students will learn the basics of the golf swing, rules, etiquette and other essentials of the game. Call 301-948-6613 or Laytonsville or White Oak Golf Courses for the schedule of fall sessions.

Sports for Youth and Adults

Recreational Basketball

90628 Wheaton CC

Ages 18 & Up: Supervised free play in basketball, continues throughout the school year.

10 Two hour sessions					\$42
90657	White Oak MS	Kensky	9/8	M	6:00pm
90658	White Oak MS	Kensky	11/24	Μ	6:00pm
Baske	etball Clinics				♣

Grades 1-6: Presented by One on One Basketball, these fall clinics are designed to prepare you for the upcoming season. Fundamental skills including dribbling, shooting, passing, and defense will be emphasized in a fun, enjoyable, low

pressure atmosphere.	
6 One hour sessions	\$62
Grades 1-2:	

One on One

9/21

Su 12:00pm

70020	vviicatori 00	One on one	//2	Ju	12.00pm			
93724	Germantown CC	One on One	9/21	Su	1:00pm			
Grades 3-4:								
90633	Cabin John MS	One on One	9/22	M	6:00pm			
90627	Leland CC	One on One	9/23	Tu	5:00pm			
90632	Kingsview MS	One on One	9/24	W	6:00pm			
90631	Redland MS	One on One	9/25	Th	6:00pm			
90629	Potomac CC	One on One	9/21	Su	12:00pm			
90637	Wheaton CC	One on One	9/21	Su	1:00pm			

,000,	Willouton 00	0110 011 0110	772	ou	1.00piii			
93723	Germantown CC	One on One	9/21	Su	2:00pm			
Grades 5-6:								
90640	Cabin John MS	One on One	9/22	M	7:00pm			
90634	Leland CC	One on One	9/23	Tu	6:00pm			
90639	Kingsview MS	One on One	9/24	W	7:00pm			
90638	Redland MS	One on One	9/25	Th	7:00pm			
90635	Potomac CC	One on One	9/21	Su	1:00pm			
90636	Germantown CC	One on One	9/21	Su	3:00pm			
93673	Wheaton CC	One on One	9/21	Su	2:00pm			

Grades 2-8: For boys and girls. Instructed by One on One Basketball, Inc. Each session includes fun drills and scrimmages to enhance offensive and defensive skills and team play. Participants should bring lunch and a drink in an unbreakable container and wear non-marking sneakers or tennis shoes

Holiday Hoops Basketball Camp

terinis s	311063.			
3 Six ho	ur sessions			\$120
90649	Kingsview MS	One on One	12/29	M,Tu,W 9:00am
90650	Leland CC	One on One	12/29	M,Tu,W 9:00am
90651	Wheaton CC	One on One	12/29	M,Tu,W 9:00am

Soccer Clinics

CCS Team: 240-777-6870

Instructional program taught by professional instructors. Emphasis on dribbling, passing, shooting and having fun. Teams play 4 v 4 format and may have home and away scrimmages during the season. Wear shin guards and soccer shoes; grades 3-4 bring size 4 ball with name on it; optional. Grades K-2 bring size 3 ball.

2
,

Oraucs	IX.					
90662	Goshen ES	Soccer Acad	9/13	Sa	9:00am	
90663	Dennis Avenue Es	SSoccer Acad	9/13	Sa	9:00am	
90664	Westbrook ES	Soccer Acad	9/13	Sa	9:00am	
90665	Fairland ES	Soccer Acad	9/13	Sa	9:00am	
90666	Potomac ES	Soccer Acad	9/14	Su	1:00pm	
Grades 1-2:						
90688	Goshen ES	Soccer Acad	9/13	Sa	10:00am	
90689	Dennis Avenue ES	Soccer Acad	9/13	Sa	10:00am	
90690	Westbrook ES	Soccer Acad	9/13	Sa	10:00am	
90691	Fairland ES	Soccer Acad	9/13	Sa	10:00am	
90692	Potomac ES	Soccer Acad	9/14	Su	2:00pm	
Grades	3-4:					
90677	Dennis Avenue ES	Soccer Acad	9/13	Sa	11:00am	
90678	Goshen ES	Soccer Acad	9/13	Sa	11:00am	
90679	Westbrook ES	Soccer Acad	9/13	Sa	11:00am	
90681	Fairland ES	Soccer Acad	9/13	Sa	11:00am	
90682	Potomac ES	Soccer Acad	9/14	Su	3:00pm	

Badminton Beginner/Advanced Beginner → ★



Emphasis on learning individual skills, body movement, concepts, tactics, strategies, history, rules, court etiquette and athletic psychology. \$10 material fee payable to the instructor the first class. Competitive techniques of both singles and doubles play.

8 One n	iour sessions				\$52
90625	Bauer Drive CC	MCBC	9/9	Tu	6:00pm

Badminton Intermediate/Advanced

Emphasis on learning individual skills, body movement, concepts, tactics, strategies, history, rules, court etiquette and athletic psychology. Competitive techniques of both singles and doubles play. \$20 material fee due to the instructor the first class.

8 Two h	our sessions				\$83
90626	Bauer Drive CC	MCBC	9/13	Sa	10:30am

What were you doing last Fall?

Did you know that last Fall...

- 7,568 adults participated in our sports programs, including basketball, soccer, volleyball, tennis, golf, and badminton?
- 4,369 school children participated in our sports programs, including basketball, field hockey, soccer, and roller hockey?

Get active, come join us!



To Register for Round House Theatre Classes:

1) Checks must be made payable to Round House Theatre

 By Mail: Please mail to Round House Theatre Class Registrar, 8641 Colesville Road, Silver Spring, MD 20910

3) By Fax: 301.585.96964) By Phone: 301.585.1225

ALL CLASSES WILL BE HELD AT ROUND HOUSE THEATRE, 8641 COLESVILLE ROAD, SILVER SPRING 20910

Course Name	Age/Grade	Code	Day/Date/Time	Tuition
DRAMATOTS	Ages 3-5	1001.201	Saturdays, Sept. 20-Nov. 15, 9:30am-10:30am	\$175
	ement, and visual	art. Each session is to	ng familiar stories and creating new ones, students explore eam-taught by two instructors to ensure that all students	
LET'S IMAGINE	K-1	1002.201	Saturdays, Sept. 20-Nov. 15, 9:30am-10:30am	\$150
LET'S IMAGINE	K-1	1002.202	Sundays, Sept. 21-Nov. 16, 12:30pm-1:30pm	\$150
	eir creativity throu	gh the development a	games, act out stories, and exercise their imaginations. and sharing of ideas, building confidence, self-awareness, no class on Oct. 5	
FUN W/ THEATRE	2-3	1004.201	Saturdays, Sept. 20-Nov. 15, 10:30am-11:30am	\$150
FUN W/ THEATRE	2-3	1004.202	Sundays, Sept. 21-Nov. 16, 1:30pm-2:30pm	\$150
			veloping basic performance skills. This class encourages self- rdays: no class on Sept. 27. Sundays: no class on Oct. 5	-expression
ADVENTURES IN ACTING	4-6	1006.201	Saturdays, Sept. 20-Nov. 15, 11:30am-12:30pm	\$150
ADVENTURES IN ACTING	4-6	1006.202	Sundays, Sept. 21-Nov. 16, 2:30pm-3:30pm	\$150
	logue and scene p	oreparation, and impr	ing them for an audience in a relaxed environment. ovisation exercises that build on students' previous 5	
LET'S SHARE SHAKESPEARE	5-7	1008.201	Saturdays, Sept. 20-Nov. 23, 12:30pm-2:30pm	\$275
LET'S SHARE SHAKESPEARE	5-7	1008.202	Sundays, Sept. 21-Nov. 24, 12:30pm-2:30pm	\$275
and performing scenes and monologues atmosphere. Students work on new mat	from the Bard's perial each session nal two classes w	olays, participants wil , so alumni are encou ill be spent performin	ity to the performance of Shakespeare. While rehearsing I hone their performance skills in a fun and supportive iraged to return and have even more fun speaking Shakespeag around Montgomery County. Families are responsible for Oct. 5	are's
ACT FAST! IMPROVISATION	6-8	3012.201	Saturdays, Sept. 20-Nov. 15, 12:30pm-2:30pm	\$250
			is fun, fast-paced course. Ensemble problem-solving channe pprovisation games and exercises. No class on Sept. 27	ls
MUSICAL THEATRE	6-8	3007.201	Saturdays, Sept. 20-Nov. 15, 2:30pm-4:30pm	\$275
Ever wanted to be a triple threat theatre movement techniques. This class offers No class on Sept. 27.	performer? Stude a golden opportui	ents will prepare scen nity to hone existing s	es from hit musicals and learn vocal, interpretative, and skills and discover new ones in a fun and supportive environ	ment.
YOUTH ON STAGE	6-8	3010.201	Saturdays, Sept. 20-Dec. 20, 2:30pm-4:30pm	\$275
during the winter! Whether you are new The final two classes will be spent perfo	v to Round House orming around Mo	or a long-time studer ntgomery County. Fa	I, entertaining, and exciting children's show and then tour nt, this class is a wonderful opportunity to learn by doing milies are responsible for their own transportation to is will be held Saturday, Sept. 13, 2003. Call 301.585.1225	
HIGH SCHOOL SKILL WORKS	HOPS			
AUDITION SKILLS	9-10	3017.202	Sundays, Sept. 21-Oct. 26, 2:30pm-3:30pm	\$175
AUDITION SKILLS	11-12	3027.202	Sundays, Sept. 21-Oct. 26, 3:30pm-4:30pm	\$175
	artist/educator to	polish their presentat	alism. From smooth introductions to memorable monologue ion. Students must come in to the course with a pre-selected	
IMPROVISATION	9-10	3018.202	Sundays, Nov. 2-Dec. 7, 2:30pm-3:30pm	\$175
IMPROVISATION	11-12	3028.202	Sundays, Nov. 2-Dec. 7, 3:30pm-4:30pm	\$175

ADULT CLASSES AGE 18+

Round House Theatre will be offering adult classes Monday and Tuesday evenings from 7:30pm-9:30pm. Please call 301.585.1225 or visit www.roundhousetheatre.org for full adult course offerings.

Improvisation is one of the keys to good acting, and it's a lot of fun, too. In this class, students will participate in improv games and acting exercises that channel creativity and build self-confidence. No class November 30.

**Sign up for BOTH Audition Skills and Improvisation for \$300, a savings of \$50. Pre-registration Only. **

CLASSES

Art & Crafts for Youth

Drawing Basics

Ages 7-14: Improve your drawing skills, learn to see, observe and express the language of line, shadows, tone, volume, scale, plane, shapes, composition, structure, movement, perspective and texture. Course can be repeated to refine your skills.

8 One hour and thirty minute sessions					\$80
94026	Potomac CC	Vafai	9/24	W	4:00pm
94027	Potomac CC	Vafai	9/24	W	6:00pm

Creative Crusaders



Ages 7-14: Discover the mechanics of drawing as activities guide your artistic journey. Bring assorted large set and thin set of washable markers and 11 x 14 tablet of bond paper. \$6 material fee due to instructor at the first class.

8 One hour sessions					\$70
91593	Bauer Drive CC	Deskin	9/17	W	4:00pm
91594	Germantown CC	Deskin	9/18	Th	4:00pm



Watercolor Studio for Kids

Ages 8-14: Explore a variety of watercolor techniques as you paint still life, landscapes, abstracts and more. Bring markers, pencil, eraser, drawing pad, and \$3 material fee due instructor at first class. Additional supply list provided at first class. No class on 10/6/03.

6 One hour and thirty minute sessions					\$70
91747	Wheaton CC	Asher	9/15	M	4:30pm
91748	Coffield CC	Asher	9/19	F	4:00pm

Millenium Art Lovers



Ages 7-14: Spark your creative world with different techniques of drawing and watercolor painting. Bring HB, 2B, 6B pencils, markers, erasers and drawing pad to first class. \$3 material fee due instructor and additional supply list provided on first day.

instructor and additional supply list provided on hist day.							
6 One l	6 One hour and thirty minute sessions						
91870	Wheaton CC	Asher	9/16	Tu	4:00pm		
01010	Wheaton CC	Achor	10/10	C2	2.00nm		

vvneaton CC 2:00pm

Acrylic Painting Fun for Kids Ages 8-14: Learn the techniques of acrylic painting working on your choice of subjects. \$3 material fee due instructor on first class. Additional supply list provided on first day

Additional supply list provided on first day.							
6 One hour and thirty minute sessions							
91868	Wheaton CC	Asher	9/17	W	4:00pm		
91869	Potomac CC	Asher	9/18	Th	4:00pm		

Chinese Brush Painting



Ages 6&Up: Families welcome to participate. Instructions of the four gentlemen; bamboo, plum, orchid and chrysanthemum. Adult participation not required. \$30 material fee includes bamboo brushes, black ink, and rice paper. Bring 12-color watercolor set

	our sessions			\$69
91531	Germantown CC	Kim 11/6	Th	6:30pm

Cartooning Workshop

Ages 9-14: Explore the many forms of cartoon drawing, caricatures, and humorous cartoons. Bring drawing pad, pencils, magic markers, tempera colors, eraser, brushes. Finish two projects of your choice. \$3 material fee due to instructor.

1 One hour and thirty minute session						\$20
91919	Wheaton	CC	Asher	9/20	Sa	12:00pm
91920	Wheaton	CC	Asher	11/15	Sa	3:30pm

Handbuilt Pottery for Children

Ages 7-16: Use slab, pinch, and free form methods to create four different projects. \$30 material fee due to instructor. Additional material fees charged for additional clay.

6 One hour sessions					\$55
91631	Bauer Drive CC	Dion	10/9	Th	4:00pm

Family Handbuilt Pottery Methods



CCS Team: 240-777-6870

Ages 6&Up: Families welcome to participate. Discover different methods of building clay by hand: coil, pinch and slab. Decorate with colorful underglazes. Adult participation is NOT required. Materials are strictly nontoxic and lead free for safety. \$25 material fee per person due instructor at the first class.

5 One hour and thirty minute sessions					\$48
91532	Germantown CC	Kim	11/10	M	6:30pm

Family Pottery Night



Ages 7&Up: Discover different ways of building clay by hand. Learn creative approaches to the wheel. Adult must register and participate each class. \$30 material fee per person, extra fees charged for additional clay.

6 One hour sessions					\$55
91632	Bauer Drive CC	Dion	10/9	Th	6:00pm

Art & Crafts for Adults

Please register early to avoid disappointment. Many classes are small to allow personalized training.

Student Art Show



All Ages: MCRD art and photography class participants may submit their original art work to their class instructor for jurying and display. Deadline for registration is October 30. See art class instructor for details, work must be approved by the class instructor to be displayed.

1 Three	hour session			\$25
92418	Leland CC	11/15	Sa	10:00am

Photography

Basic Photography



Ages 13&Up: Covers functions and operations of cameras, lenses, film and other equipment with emphasis on creative aspects and composition. Portrait lighting and use of flash is covered. Class includes assignments and field trip. Pictures taken will be critiqued in class. Field trip is on the Saturday following the third class.

6 Three	hour sessions				\$54
94282	Bauer Dr CC	DeBuchananne	9/29	M	7:00pm

Close Up Photography

Ages 16&Up: Enrollment limited and experience with SLR camera helpful. Take first class close-up (macro) photographs of subjects like flowers, coins, stamps, bugs, jewelry, etc. Learn the tricks of the trade in a one day workshop. Techniques described for all types of cameras, but participants will work with a 35mm single lens reflex (SLR). Equipment provided, but student may bring personal equipment too. Some lecture and lots of hands-on time. Actual photographs will be taken and reviewed in the session. Bring items you wish to photograph. \$10 material fee due to instructor. Bring bag lunch.

1 Five hour and thirty minute session					\$50
91590	Ross Boddy CC	Vendetti	9/20	Sa	10:00am

Darkroom Basics

Ages 16&Up: Learn how to develop black and white film and print your developed negatives. Covers types of photographic papers, developers and necessary chemistries, exposure and contrast, controls for both paper and film, and use of photo enlargers. Bring a roll of exposed black white film or negatives. \$15 material fee due to instructor.

6 Two hour and thirty minute sessions					\$78
91589	Ross Boddy CC	Vendetti	9/17	W	7:00pm

CCS Team: 240-777-6870

Crafts

Stained Glass and Pressed Flower Art 🤏 🖈

Ages 13&Up: What a terrific combination! Add your own design of pressed flowers, leaves and vine to a pre-cut piece of stained glass and seal it with a piece of plain glass. Copper foil and ribbon will add the finishing touch. Small display stand included \$15 material fee due to instructor at class.

1 Two hour session 94187 Bauer Drive CC Weeks 9/17 W 7:00pm

Autumn Wreath

Ages 13&Up: Autumn leaves are falling and we have captured them for this class! Make a wreath using real leaves sprayed in shades of gold, copper and red. Even if you never made a wreath before, you will be delighted with the results. Also perfect for a centerpiece.\$18 material fee due instructor.

1 Two hour session \$20 94186 Bauer Drive CC Weeks 10/15 7:00pm

Eucalyptus and Greens Centerpiece Get ready for winter with this delightful centerpiece. Learn basics for working with greens, pods and dried flowers as you make this

simple-to-complete project.\$18 material fee due instructor 1 Two hour session \$20

94182 Bauer Drive CC 10/22 W 7:00pm Weeks

Aromatherapy for the Bath Ages 13&Up: Come learn to use aromatherapy to make useful

products for bath and beauty. Learn which essential oils help us relax, calm or elevate our moods. Then, make bath salts, toner, moisturizer, shampoo and perfume using our new-found knowledge. Booklet included.\$18 material fee due instructor.

1 Two hour session \$20 94183 Bauer Drive CC Weeks 10/29 W 7:00pm

Angel On My Shoulder Pins

Ages 13&Up: These golden wire angel pins are just perfect for wearing or gift giving. Learn to work with jewelry wire to make three angels complete with wings and pearl beads.\$8 material fee due instructor.

1 Two hour session 94184 Bauer Drive CC Weeks 12/3 7:00pm Herbal Delights for Holiday Gifts **个**

Ages 18&Up: Want to make your own gifts this year to save time, money and show people how much you care? Learn to make three herbal delights, designer herbal vinegar, herbal teas, and a fragrant rose wreath.\$18 material fee due instructor.

1 Two hour session \$20 94185 Bauer Drive CC Weeks 12/10 7:00pm

Advanced Flower Design

A continuation of the beginning class. Topics include different styles and designs, vases, and baskets. Also covers working with a florist. Bring scissors, wire cutter and glue gun (optional) to class. \$13 material fee due to instructor at EACH class.

6 Two hour sessions \$45 94285 Maplewood Alta-Vista PC Jeremiah 9/30 7:00pm

Glass Painting

Ages 16&Up: Bring in your glassware or ornaments and paint flowers or designs upon it. Learn the newest trend in flower and design painting from a professional artist. \$35 material fee due to instructor at first class.

5 One hour sessions Bauer Drive CC 10/3 6:00pm

Bead Stringing & Knotting

Beginner: Learn to create and restore your necklaces and earrings in a professional manner. Knot and restore with proper use and handling of tools and supplies. \$10 material fee due to instructor.

1 One hour and thirty minute session \$20 91481 Potomac CC 10/8 W 7:00pm 91482 Germantown CC Starr 11/15 Sa 10:00am 91483 Bauer Drive CC 12/3 W Starr 7:00pm

Intermediate: Must know how to knot. Bring all materials used in beginner class. \$10 material fee due to instructor.

1 One hour and thirty minute session \$20 Potomac CC 9:00am 91485 11/20 Potomac CC Starr Th 7:00pm

Advanced: Explore design and wire wrapping. Bring in your problem jewelry designs/repairs/assembly. Bring round nose pliers. \$10 material fee due to instructor.

1 One hour and thirty minute session \$20 91486 Bauer Drive CC 12/9 7:00pm

Leaded Stained Glass

Learn glass cutting, soldering, the use of glass working tools, techniques and terminology as you are guided step by step through several projects of increasing challenge. \$30 materials fee payable to instructor covers consumables, personal equipment, and use of tools. Bring a bag lunch.

2 Six hours and thirty minute sessions \$75 91534 Ross Boddy CC Asbeck 9/13 9:30am 10/4 91535 Ross Boddy CC Asbeck Sa 9:30am

Copper Foil Stained Glass

Build on the basic skills learned in a Leaded Stained Glass course (prerequisite) and discover the modern copper foil technique of stained glass crafting. Several projects, tailored to your skill level assigned, or bring ideas of your own. Copper foil enables a higher degree of detail in glass than is practical using lead came, and is authentic to the glass decorative arts of the Victorian period. \$18 material fee due to instructor covers supplies unique to copper foil, glass for the first two projects and use of tools. Bring bag lunch.

2 Six and thirty minute sessions 91536 Ross Boddy CC Asbeck 11/8 9:30am

Handcrafted Pottery 1

Ages 16&Up: All levels: Introduction to techniques used in hand building pieces of functional and decorative pottery, and to potter's wheel. Basic information on clay bodies, firing, glazing, under glazes and slips. \$25 materials fee includes 25 pounds of clay and firing, fee due instructor.

12 Two hour sessions \$120 91739 Wheaton CC Reid 9/10 W 10:00am 91740 9/10 East County CC Reid W 7:00pm Ages 12&Up:

10 One hour and thirty minute sessions \$100 Leland CC Prinsloo-Phillips 9/11 7:00pm

Handcrafted Pottery 2

\$20

Ages 16&Up: Advanced/Intermediate: Previous experience with clay, wheel working or hand building required. Here is your chance to work on individual projects with instructor's guidance. New techniques introduced, explore glaze making. \$25 material fee includes firing fees due instructor first day. Bring clay tools and old towel.

12 Two hour sessions \$120 Wheaton CC 91742 Reid 9/8 M 7:00pm



^A ★

₼ ★

Open Studio Pottery

Ages 16&Up: For the experienced potter who needs space to work on projects. Instructor available for technical support, glazes for cone 6 firings and timely firing of pieces. Room equipped with wheels, slab roller and extruder. Bring clay tools, old towels. Material and firing fees vary based on production. Space is limited. Attend anytime during your open studio time. No class 11/27/03.

3 1 1/2//00.					
hour sessions				\$160	
Ross Boddy CC	Reid	9/9	Tu	10:00am	
Ross Boddy CC	Reid	9/11	Th	10:00am	
12 Three hour sessions					
Ross Boddy CC	Reid	9/9	Tu	6:30pm	
	Ross Boddy CC Ross Boddy CC e hour sessions	Hour sessions Ross Boddy CC Reid Ross Boddy CC Reid Rosr Boddy CC Reid Rour sessions	Hour sessions Ross Boddy CC Reid 9/9 Ross Boddy CC Reid 9/11 e hour sessions	Hour sessions Ross Boddy CC Reid 9/9 Tu Ross Boddy CC Reid 9/11 Th Ross Boddy CC Reid 9/11 Th	

Fine Arts

Drawing Techniques

Ages 16&Up: Beginners: Discover the basic concepts and fundamentals of drawing. Focus on composition, perspective, and human figure, practical exercises with individual instruction and guidance. Instructor will call you with material list

6 Two hour sessions					\$80
91746	Longwood CC	Blevins	9/23	Tu	7:00pm

Watercolor - Depictions of Landscapes

Ages 16&Up: Fall is a great time to learn to paint the beautiful landscapes. Develop skills in depiction of different kind of landscapes; town and country. Lessons include development of skills in perspective and composition basics. Instructor will call you with supply list.

6 Two h	our sessions				\$80
92268	Upper County CC	Blevins	9/24	W	7:00pm

Acrylic Painting Techniques

Ages 15&Up: All ability levels. Learn to use acrylics to resemble

the rook of on paintings, so material fee due to instructor. Can							
instructor for additional material list. Please bring several pictures							
of what	you would lik	e to paint.					
8 Two h	our sessions	1			\$100		
91591	Leland CC	Deskin	9/16	M	7:00pm		

Still Life Using Acrylies

Ages 15&Up: All abilities welcome. Discover the versatility of acrylics. Still life setting provided as needed. \$25 material fee due to instructor at class. Please call instructor for additional material list.

8 Two h	nour sessions	W (1/1 1/1/2)			\$100
91592	Bauer Drive CC	Deskin	9/1 <mark>7</mark>	W	7:00pm

Oil Painting

Ages 12&Up: Discover techniques in painting with oil as well as landscapes: composition, perspective, color theory, light, shadow and more. No class October 6. \$45 material fee due to instructor. Bring paper towels.

8 One l	\$90			
91733	Potomac CC	Prinsloo-Phillips 9/21	Su	6:00pm
1111				

Van Gogh's Wet-on-Wet Oil Painting

1 1 1 11

Ages 12&Up: Discover how to paint like Van Gogh! A demonstration on Van Gogh's technique. Start with a short review of life and art of Van Gogh, then guidance with composition, use of color, tonality, shape, line. Bring photograph or picture to work from. \$45 material fee due instructor covers all art materials.

1 Four hour session			\$50
91736 Potomac CC	Prinslog-Phillins 10/	25 Sa	2:00nm

Oil Portrait Workshops

Ages 12&Up: Review color theory, the use of color, composition, observation of line, shape and form, light shadow, reflected light, texture and oil techniques. Bring paper towels. \$45 material fee due to instructor

1 Four I	nour session			\$50
91735	Potomac CC	Prinsloo-Phillips 10/12	Su	2:00pm

Penny Kritt's art classes: Please call Ms. Kritt at 301-989-1799 for supply list.

CCS Team: 240-777-6870

Beginning Watercolor

Ages 18&Up: Discover the basics for working with watercolor; selecting paper, paints and brushes. Learn how to make specific brush strokes and ideas for composition and using color. No class 10/6. \$5 material fee due instructor

	nour sessions	o mon dotor.			\$95
92169	Kritt Studio	Kritt	9/16	Tu	10:00am
5 Two h	nour sessions				\$80
92168	Kritt Studio	Kritt	9/15	M	7:00pm

Kritt's Keys to Color!

Ages 18&Up: For every artist who works with color. Find out how to make specific colors and how to combine colors in a composition. Red, yellow and blue are the keys to everything! \$10 fee due instructor covers handout and instructor's materials.

6 Two h	nour sessions				\$95
92173	Kritt Studio	Kritt	9/16	Tu	7:00pm
92218	Kritt Studio	Kritt	10/29	W	10:00am

Design and Composition

Ages 18&Up: Learn how to lay out a painting. Find out how to build a focal point and mare the rest complement it. \$5 fee due instructor covers handout and instructor's materials.

6 Two I	nour sessions				\$95
92172	Kritt Studio	Kritt	9/17	W	10:00am
92170	Kritt Studio	Kritt	10/28	Tu	7:00pm

Painting Flowers

Ages 18&Up: Learn to paint happy daisies or elegant roses in a crystal vase. Bring your watercolor or acrylic paints. We'll work from photos. \$5 handout fee due instructor.

6 Two hour sessions					\$95
92221	Bauer Drive CC	Kritt	10/28	Tu	10:00am

Painting the Landscape with Watercolor or Acrylics

Ages 18&Up: Beginner/Intermediate: Paint everything from mountains and forests to backyard gardens or capture the surf as it breaks on the rocks. Bring watercolor or acrylic paints. \$5 hand-out fee.

6 Two h	our sessions	,	'		\$95
92219	Kritt Studio	Kritt	9/19	F	10:00am
92220	Kritt Studio	Kritt	10/27	M	7:00pm
					_

Watercolor Portraits

Ages 18&Up: Beginner/Intermediate: Work from a tracing (if you can't draw!). Discover how to use photos, create skin tones and shadows. A quick way to get the basics. \$5 material fee due instructor covers handout and instructor's materials

5 Two hour sessions					\$80
92223	Bauer Drive CC	Kritt	10/31	F	10:00am

Instructional Sports for Everyone

Fencing

90824

Fencing Beginner I

Bauer Drive CC

Beginner: Basic foil techniques. Instructors are certified Fencing Master Ray Finkleman and former Olympian Gitty Mohebban. Equipment provided: foil, mask, and jacket. \$20 material fee due to instructor. Class updates are available for 90821 at

	encer.com. -hour sessions				\$75
90821	Potomac CC	Finkleman	9/4	Th	6:30pm
Ages 98 90822 90823	&Up: Marshal ES Frost MS	Mohebban Mohebban	9/17 9/15	W M	6:00pm 5:30pm

Mohebban

5:30pm

CCS Team: 240-777-6870
E ! D ! !!

Fencing Beginner II

Ages 9&Up: This class is designed for the advanced beginner I and entry level beginner II student. Curriculum will be student skill dependent. \$20 materials fee due to instructor.

10 One	-hour sessions				\$75
90825	Marshall ES	Mohebban	9/17	W	7:00pm
90827	Bauer Drive CC	Mohebban	9/19	F	6:30pm

Fencing Beginner II/Intermediate

Ages 9&Up: Prerequisite Fencing Beginner I class. Class consists of demonstration and perfection of fencing beginner I skills along with an introduction of new techniques. \$20 materials fee due to the instructor.

10 One	-hour sessions				\$75
90830	Frost MS	Mohebban	9/15	M	6:30pm

Fencing Intermediate

More advanced foil techniques: riposte direct, doublement, compound attacks with footwork, beat disengage, compound riposte and pris de fer opposition, lier, croise, and envelopment. \$20 material fee due to the instructor. Class updates to class 90831 are available at www.fencer.com.

10 One-hour sessions	<u>/w.rencer.com</u> .			\$75
Ages 13&Up: 90831 Potomac CC	Finkleman	9/4	Th	7:30pm
Ages 9&Up:	FILIKIEIIIAII	7/4	111	7.30pm
90832 Bauer Drive CC	Mohebban	9/19	F	7:30pm
Fencing Club				A ★

An opportunity for the beginner, intermediate and advanced fencer to practice with each other and develop their skills. No formal instruction will be given during Club sessions. Foil, epee and saber fencers welcome. Equipment provided: foil, mask, and jacket. \$20 material fee due to the instructor at the first class. Classes may feature electric fencing apparatus. Updates to class 90833 are available at www.fencer.com.

10 One	\$75				
Ages 13	B&Up:				
90833	Potomac CC	Finkleman	9/4	Th	8:30pm
Ages 98	նUp։				·
90834	Bauer Drive CC	Mohebban	9/20	Sa	12:30pm
					'

Golf

For a Golf program for children and teens with hearing loss or ADHD/ADD, please see page 10.

Golf Form-A-Group

Ages 5&Up: Form your own group (minimum of 3), select a time and call the instructor or if you prefer the instructor may find a group for you at the appropriate level. \$25 Ball fee due to the instructor at the first class.

5 One-h	nour sessions			\$99
90835	RT&G	Love to Par	301-379-6171	
90836	Silver Spring/Layhill	Linton	301-926-6677	

Golf Swing-the-Club Golf Lessons

Ages 13&Up: Class instruction on the Northwest Golf Course includes topics of full swing, short game strategies, putting, rules and etiquette For further information, please call Kent Keith at 301-438-3198. \$25 Range fee payable to instructor at first class.

5 One-hour sessions	\			\$99
90817 Northwest GC	Keith //	9/6	Sa	9:00am
Golf Rockville				↑ ★

Ages 13-Adult: Materials Fee: \$25 ball fee payable to Love to Par							
5 One-l	hour sess	sions		1/			\$99
90812	RT&G		Love	to Par	9/17	W	6:00pm
90813	RT&G		Love	to Par	9/18	Th	8:00pm
90814	RT&G		Love	to Par	9/20	Sa	2:00pm
90815	RT&G		Love	to Par	9/21	Su	11:00am
90816	RT&G	-/	Love	to Par	9/21	Su	2:00pm

Ages 9-12:

5 Forty-five minute sessions					\$99
90810	RT&G	Love to Par	9/20	Sa	1:00pm
90811	RT&G	Love to Par	9/21	Su	12:00pm

Ages 6-8: Eye hand coordination, BASIC swing and putting instruction. Clubs Provided. Parents may watch last 10 minutes of class. \$25 materials fee due to the instructor.

5 Forty	five minute sessions	i			\$99,
90806	RT&G	Love to Par	9/17	W	5:30pm
90807	RT&G	Love to Par	9/20	Sa	11:00am
90808	RT&G	Love to Par	9/20	Sa	12:00pm
90809	RT&G	Love to Par	9/21	Su	9:00am

Ages 3-5: Eye hand coordination, BASIC swing and putting instruction. Clubs Provided, parent participation required. \$25 materials fee due to the instructor.

5 thirty	minute sessions				\$99
90801	RT&G	Love to Par	9/16	Tu	2:30pm
90802	RT&G	Love to Par	9/17	W	4:30pm
90803	RT&G	Love to Par	9/20	Sa	10:30am
90804	RT&G	Love to Par	9/21	Su	10:30am
90805	RT&G	Love to Par	9/21	Su	10:00am

Gymnastics

Tumbling Format

Ages 3-6 Beginner: Enjoy learning beginning tumbling skills while gaining self esteem. Animal walks, forward rolls, backward rolls and bridges are taught. Movements will enhance balance, large muscle control, and muscular strength. For purposes of ensuring concentration and focus by preschoolers, parents are requested to wait outside the room during class time.

5 Forty-	five minute sessions	;			\$65
90818	Upper County CC	Schattenberg	9/15	M	1:45pm
90819	Longwood CC	Schattenberg	9/18	Th	1:45pm

Gymnastics Skill Development Phase I

Ages 4-6: An introduction to obstacle course, tumbling (forward rolls, cartwheels and handstands), bars (learn how to swing, skin the cat and front rolls), balance beam (walks, kicks and crawls), trampolines (jumps, seat drops and doggie jumps).

6 Forty-f	\$65				
93624	Gymnastics of America	Mofid	9/18	Th	4:00pm
93625	Gymnastics of America	Mofid	9/20	Sa	9:00am
93626	Gymnastics of America	Mofid	9/15	M	11:00am

Gymnastics Skill Development Phase II

Ages 6-14: An introduction to gymnastics exercises including tumbling (headstands, cartwheels and bridges), bars (skin the cat, pullovers and casts), and vaulting (jumping on the board, squat-ons and straddle-ons).

5 One-h	\$70				
93627	Gymnastics of America	Mofid	9/18	Th	5:00pm
93628	Gymnastics of America	Mofid	9/20	Sa	10:00am

Rhythmic/Artistic Combination

Ages 4-5 and 6-8 Beginner: Learn various gymnastics apparatus and the use of ribbons, hoops and ropes, artistic dance steps and skills on the trampoline and floor exercise tumbling taught.

8 One-l	nour sessions	3	5	\$85
93629	Gymnastics of America Mofid	9/18	Th	4:30pm
93630	Gymnastics of America Mofid	9/16	Tu	4:30pm
93631	Gymnastics of America Mofid	9/20	Sa	1:00pm

Junior Olympics

Ages 5-8: Children are required to be tested before registration. No previous experience required. Physical abilities (strength, flexibility, agility and coordination and mental abilities (concentration, focus and mental toughness) are what we looking for. Rolls, cartwheels, flips and walkovers are just a few of the skills we will develop in this class. For further information, please call Boz at 301-977-3835.

6 One-l	nour sessions			\$100
93632	Gymnastics of America Mofid	9/18	Th	4:00pm
93633	Gymnastics of America Mofid	9/20	Sa	1:00pm

Tennis

Please bring a tennis racquet and materials fee: \$10 due payable to the instructor at the first class to all tennis classes listed below.

Tennis Form-A-Group

Ages 5-Adult: Recruit minimum of 3 persons and form your own, tell us the day and time you would like and the instructor will call you back to confirm its availability. Materials Fee: \$10 due payable to the instructor at the first class.

5 One-hour sessions					
90837	RT&G	Love to Par	301-379-6171		
90838	Northwood Ctr	Woods	301-649-1887		

Tennis Outdoor

16&Up: Beginner/Advanced Beginner \$10 materials fee due payable to the instructor at the first class.

5 One-h	our sessions				\$99
90859	Leland NP	Woods	9/15	M	6:00pm

Ages 16&Up: Beginner/Intermediate Materials Fee: \$10 due payable to the instructor.

5 One-l	\$99				
90864	Leland NP	Woods	9/15	M	7:00pm
90865	Olney Manor RP	Woods	9/19	F	7:00pm

Ages 8-15: Beginner/Advanced Beginner Level \$10 materials fee due to the instructor at the first class.

5 One-hour sessions					\$99
90860	Leland NP	Woods	9/15	M	5:00pm
90861	Sligo MS	Woods	9/16	Tu	5:00pm

Ages 8-15: Beginner/Intermediate and Intermediate Classes \$10 materials fee due to the instructor at the first class.

5 One-h	\$99				
90860	Leland NP	Woods	9/15	M	5:00pm
90861	Sligo MS	Woods	9/16	Tu	5:00pm
90862	Northwood Ctr	Woods	9/18	Th	5:00pm

Tennis Rockville

Ages 13&Up: Beginner: Materials Fee \$10 due payable to the instructor.

5 One	-hour sessi	ons			\$99
90791	RT&G	Love to Par	9/17	W	7:00pm
90792	RT&G	Love to Par	9/18	Th	6:00pm
90793	RT&G	Love to Par	9/20	Sa	12:00pm
90794	RT&G	Love to Par	9/20	Sa	2:00pm
90795	RT&G	Love to Par	9/21	Su	9:30am

Ages 9-12: Learn tennis basics in forehand, backhand, and nonwind up serves, through eye hand coordination and motor skills games. \$10 materials fee due to the instructor.

5 Forty	-five min	ute session	s			\$99
90789	RT&G		Love to Par	9/20	Sa	1:00pm
90790	RT&G		Love to Par	9/21	Su	11:00am

Ages 6-8: Parents may watch last 10 minutes of class. Learn tennis basics in forehand, backhand, and non-wind up serves, through eye hand coordination and motor skills games. \$10 materials fee due to the instructor.

5 Forty	\$99		
90785	RT&G	Love to Par 9/17 W	4:30pm
90786	RT&G	Love to Par 9/20 Sa	9:00am
90787	RT&G	Love to Par 9/20 Sa	11:30am
90788	RT&G	Love to Par 9/21 Su	1:00pm

Ages 3-5: Parent's participation required. Learn tennis basics in forehand, backhand, and non-wind up serves, through eye hand coordination and motor skills games. \$10 materials fee due to the instructor.

5 Thirty	minute session	S				\$99
90780	RT&G	Love t	to Par	9/16	Tu	2:00pm
90781	RT&G	Love t	to Par	9/17	W	4:00pm
90782	RT&G	Love t	to Par	9/20	Sa	10:00am
90783	RT&G	Love t	to Par	9/20	Sa	11:00am
90784	RT&G	Love t	to Par	9/21	Su	10:30am

Dance for Pre-school & Youth

All advertised program lengths include set-up and take-down time. Actual instruction time may be less.

CCS Team: 240-777-6870

Parents are not permitted to stay in the room, as spectators and interruptions are a distraction for the students.

PreBallet

Ages 5-6: An introductory class that includes creative movement, beginning technical exercises, floor exercise and a performance dance. The dress requirement (leotard, tights, and ballet slippers) will be discussed at the first class. Questions: e-mail Betsy Saunders at bmsjazzmatazz@aol.com.

10 Forty-five minute sessions						
92762	Fairland CC	Saunders/Haskell	10/4	Sa	11:15am	
92763	Long Branch C	CC Saunders	10/4	Sa	11:15am	

Ballet

Ages 5-7: Introduction to the basic movements of ballet and its terminology.

10 Forty	five-minute sessions	•			\$60
92742	Potomac CC	Oleson	9/16	Tu	4:30pm
92744	Fairland CC	Oleson/Arresta	9/18	Th	4:30pm
92743	Leland CC	Oleson	9/20	Sa	11:00am

Kinderdance

Ages 3-5: Introduction to dance for preschool and kindergarten children emphasizing rhythm, coordination and dance.

10 Forty	\$60				
92736	Upper County CC	Schattenberg	9/15	M	1:00pm
92737	Potomac CC	Oleson	9/16	Tu	3:30pm
92738	Longwood CC	Schattenberg	9/16	Tu	1:00pm
92740	Fairland CC	Oleson/Aresta	9/18	Th	3:30pm
92739	Leland CC	Oleson	9/20	Sa	10:00am

Preschool Dance by Jazzmatazz

Ages 3-4: Creative movement using music that children love. Children must be potty trained. Dress requirements (leotard, tights and ballet slippers) will be discussed at the first class. Questions: e-mail Betsy Saunders at bmsjazzmatazz@aol.com.

10 Forty	\$60				
92759	Long Branch	CC Saunders	10/4	Sa	9:15am
92760	Long Branch	CC Saunders	10/4	Sa	10:15am
92761	Fairland CC	Saunders/Haskell	10/4	Sa	10:15am

Tap, Ballet & Jazz

Beginner: A combination class introducing tap, ballet and jazz dance, emphasizing basic exercises, combinations, and creativity. Questions: Call Rowena DeLuca at 301-593-0618.

10 Fort	\$60						
Ages 4-	6						
93022	Upper County CC	DeLuca	9/16	Tu	10:00am		
93028	Longwood CC	DeLuca	9/18	Th	4:00pm		
93018	N Four Corners PC	DeLuca	9/20	Sa	8:00am		
93019	N Four Corners PC	DeLuca	9/20	Sa	9:00am		
93020	N Four Corners PC	DeLuca	9/20	Sa	10:00am		
Ages 7-12							
93029	Longwood CC	DeLuca	9/18	Th	5:00pm		
93021	N Four Corners PC	DeLuca	9/20	Sat 11:0	0am		

Intermediate: A continuing class for those who have taken the beginning level.

10 Forty	\$60				
Ages 5-	13				
93038	N Four Corners PC	DeLuca	9/20	Sa	12:00pm

Tap, Ballet & Jazz w/Parents V

Ages 4-adult: Beginner: Many parents have requested a parent and child class. Now is the time to support this new class. It may not be offered again if there is a low registration this fall.

10 Fort	y-five minute sessior	18			\$60
93041	N Four Corners PC	9/20	Sa	1:00pm	

CCS Team: 240-777-6870

Dance for Teens & Adults

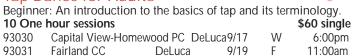
There are only two types of people in the world; those who dance and those who wish they could. Now is the time to get involved in a fun exercise activity that you can do for the rest of your life. Dance is the most thrilling contact sport there is. Round up a group of your friends and start having a thrilling experience.

Advertised program lengths include set-up and take-down time. Actual instruction time is fifty minutes. Please note that classes cancelled due to inclement weather of facility availability will be made up, if possible, by adding dates to the end of the session, extending remaining class time, or at another location.

Performing Dance

Questions: Call Rowena DeLuca at 301-593-0618

Tap Dance for Adults



Intermediate: A continuation for anyone who has had the beginner

10 One	\$60 single				
93033	Capital View-Ho	mewood PC DeL	uca9/17	W	7:00pm
93035	Fairland CC	DeLuca	9/19	F	10:00am

Advanced:

10 One hour sessions \$60 single Capital View-Homewood PC DeLuca9/17 93037 \/\ 8:00pm

Ballroom Dance

Questions: Call Ludwig Dahlberg at 301-698-2789 or email ludwigdahlberg@yahoo.com

> Joe Kim at 301-774-3126 Rebecca McKinney at 202-429-8064 Paul Mola at 301-315-6226 or email paulmola@aol.com

Tony Seleme at 202-210-0022 Tom Woll at 703-591-3839

Ballroom for Couples Only

Beginner: Covers standard ballroom dance favorites.

10 One I	hour sessions				\$90 couple
93044	Bauer Drive CC	Seleme	9/15	M	7:00pm
93045	Whitman HS	McKinney	9/15	M	7:00pm
93047	Bells Mill ES	Dahlberg	9/17	W	7:00pm
93049	Germantown ES	Dahlberg	9/18	Th	8:00pm
93051	Leland CC	Mola	9/18	Th	7:30pm
93069	Glenmont PC	Woll/Basso	9/18	Th	7:00pm
93070	Hollywood Ballroom	Seleme	9/18	Th	7:00pm
93052	Sherwood ES	Kim	9/19	F	7:30pm

Intermediate: Prerequisite: Beginner ballroom course.

10 One I	10 One hour sessions								
93060	Bauer Drive CC	Seleme	9/15	M	8:00pm				
93061	Whitman HS	McKinney	9/15	M	8:00pm				
93062	Sequoyah ES	Mola	9/16	Tu	7:30pm				
93063	Germantown ES	Dahlberg	9/18	Th	9:00pm				
93064	Glenmont PC	Woll/Basso	9/18	Th	8:00pm				
93066	Hollywood Ballroom	Seleme	9/18	Th	8:00pm				
93068	Sherwood ES	Kim	9/19	F	8:30pm				

Intermediate 2: Prerequisite: Beginner and intermediate ballroom

10 One	hour sessions			5	90 couple
93235	Leland CC	Mola	9/18	Th	8:30pm

Advanced:

10 One	hour sessions				\$90 couple
93230	Glenmont PC	Woll/Basso	9/18	Th	9:00pm
Rallro	nom Danca fo	or Singles &	Coun	loc.	₯ →

Ballroom Dance for Singles & Couples Beginner: Students change partners frequently.

10 One hour sessions \$60 single N Four Corners PC Woll/Greenblat 9/15 93231 M 7:30pm **♣**

Ballroom Lessons & Practice

Beginner/Intermediate: 10 One hour and thirty minute sessions \$120 couple 93221 Coffield CC Woll/Basso 9/16 Tu 8:00pm

Ballroom Lessons, Practice & Parties

Beginner/low Intermediate: Learn ballroom variations the first hour and then add to your enjoyment with a two-hour practice and party. Two potluck dinners during the course. \$20 per couple parties set-up fee due instructor. (3 hour class)

10 Three hour sessions \$160 couple 93219 Holiday Park SrC Seleme 9/19 7:00pm

♣ Ballroom Wedding Dances

Beginner: Learn dance routines for that blissful occasion: Foxtrot, Swing, and Waltz.

10 One hour sessions \$90 couple 93223 Bethesda ES 9/16 McKinney 8:00pm

Latin Dance

Latin Survival

Beginner: Fun and interesting Latin rhythms: Cha Cha, Merengue, Rhumba and Tango. Create a foundation for all Latin dancing. Students change partners frequently. Questions: Call Ludwig Dahlberg at 301-698-2789 or email ludwigdahlberg@yahoo.com.

10 One hour sessions \$60 single 93241 Bells Mill ES Dahlberg 9/17 W 8:00pm 93242 Germantown ES Dahlberg 9/18 Th 7:00pm

Advanced: By invitation only. Questions: Call Ludwig Dahlberg at 301-698-2789 or email ludwigdahlberg@yahoo.com.

10 One hour sessions \$60 single 93243 Bells Mill ES 9/17 W Dahlberg 9:00pm

Salsa

Beginner: This is a hot dance that is on the rise worldwide

10 One hour sessions \$90 couple 93229 Bethesda ES McKinney 9/16 Tu 7:00pm 93236 Sequoyah ES 9/16 8:30pm Mola Tu 10 One hour sessions \$60/single 93232 N Four Corners PC Woll/Greemblat 9/15 M 8:30pm

Salsa and Merengue

Beginner: These dances are on the rise worldwide. Includes partner dance, free style dance.

10 One hour sessions \$60 single 93237 Barnsley ES Kim 9/17 7:30pm

Intermediate/Advanced: Students change partners frequently.

10 One hour sessions \$60 single 9/17 93238 Barnsley ES Kim W 8:30pm **↑**

Tango Beginner/Intermediate: American Tango.

10 One hour sessions \$90 couple 93222 Whitman HS McKinney 9/15 9:00pm

Swing

West Coast for Couples

Beginner 10 One hour sessions \$90 couple 93256 Bethesda ES 9/16 Tu 9:00pm McKinney 93218 Hollywood Ballroom Seleme 9/18 Th 9:00pm

♣

♣

₼ ★

Ballroom Dance

Country Western Dance

Country Introduction for Singles & Couples ⁴ ★

Introduction to Country couples dancing. Two weeks of Two Step, two weeks of Waltz, two weeks of East Coast Swing, two weeks of review. Students change partners frequently. Partners encouraged but not necessary.

10 One hour sessions\$60 single92724Fairland CCTakacs9/15M8:00pm

Country Western Line

Beginner/Intermediate: Learn the latest and the greatest line dances: The Freeze, Foot Boogie, Bartenders Stomp, Slappin' Leather, Tush Push, Copperhead, Matador, Metamorphowized, Swamp Thing, Midnite Waltz, Pina Co Cha Cha, Just for Grins, Uno Does Tres, Razor Sharp, Zydeco Lady and others.

10 One hour sessions\$60 single93239 Fairland CCTakacs9/15 M7:00pm

Folk Dance

Anna's Dance Party

Beginner/Intermediate: Learn how they party around the world. Lines, squares, circles and bunches. Come and have fun. Question: Call Anna Pappas at 301-340-8723.

10 One hour sessions \$60 single 92725 Beverly Farms ES Pappas 9/19 F 7:30pm

Bhangra

Beginner/Intermediate: Enjoy and learn the latest dance craze. Bhargra is a vigorous and rhythmic dance for social parties. Questions: Call Kumud Mathur at 301-365-5231.

10 One hour sessions\$60 single92749 Potomac CCMathur9/16Tu8:00pm

Contra

Beginner/Intermediate: Contra dance is country dancing performed in long lines facing a partner. Questions: Call Betsy Taylor at 301-589-4868

589-4868.

10 One hour and thirty minute sessions

\$45 single
93453 Argyle PC Taylor 9/17 W 7:30pm

International

Beginner/Advanced: The first part of class will be devoted to assisting beginners experience the culture, music and folk dances from Bulgaria, Hungary, Armenia, Romania, Greece, Israel and more. The intermediate/advanced level dancers add dances from Macedonia, Turkey, Slovakia, Croatia, Serbia, and other countries. Questions: Call Phyllis Diamond at 301-871-8788 or email diamonddancecircle@comcast.net

6 Two hour and thirty minute sessions\$30 single92719 Leland CC Diamond9/15 M7:30pm92720 Leland CC Diamond11/3 M7:30pm



Middle Eastern (Belly Dancing)

Questions: Call Michael Hart at 301-762-6730.

Beginner/Intermediate: Using dance steps and movements passed down through the ages tone muscles with this unique method of figure control. Leotard and tights recommended. Questions: Call Anna Pappas at 301-814-0435.

CCS Team: 240-777-6870

♣

♣

↑

♣

10 One	hour sessions				\$60 single
92730	Potomac CC	Pappas	9/15	M	7:30pm
92729	Wheaton CC	Moadama	9/17	W	8:00pm
92731	Germantown ES	Pappas	9/17	W	7:30pm
92735	Potomac CC	Pappas	9/18	Th	9:00am

Cajun

Beginner/Advanced: Learn the Cajun Two Step, Waltz, and One Step. Fun and easy to learn. Students change partners frequently.

8 One hour sessions\$48 single92752 Leland CCHart9/17W7:00pm

Zydeco

Beginner/Advanced: Louisiana's Creole culture blends American rhythm & blues with African, Caribbean rhythms. Students change partners frequently. Questions: Michael Hart at 301-762-6730.

 8 One hour sessions
 \$48 single

 92753 Leland CC
 Hart
 9/17
 W
 8:00pm

Senior Dance

Latin Beginner

Popular dances such as Pasodoble, Cha-Cha, Rumba, Merengue, Beginner: Cumbia, Porro, Paseo, Samba and more. Changing partners is a requirement. Questions: Gracie Bryan at 301-949-5847.

10 One hour sessions\$30 single92750 Holiday Park SrCBryan9/18Th1:00pm

Line

₼ ★

Beginner: Get some exercise and have some fun. Teaches easy steps that everyone can learn to do. Questions: Call Lynne Osborne at 301-933-9480.

10 One hour sessions \$30single 92754 Holiday Park SrC Osborne 9/15 Μ 1:30pm Advanced Beginner: Questions: Lynne Osborne at 301-933-9480. 10 Sessions \$30 single 92755 Holiday Park SrC Osborne 9/15 3:30pm M Intermediate: Questions: Call Lynne Osborne at 301-933-9480. 10 One hour sessions \$30 single 92756 Holiday Park SrC Osborne 9/15 M 2:30pm 92757 Holiday Park SrC Osborne 9/16 Tu 2:30pm

Group Variety

Advanced Variety: Approval of instructor needed. Questions: Call Anne Berk at 301-598-8533.

10 One hour sessions\$30 single92748 Holiday Park SrCBerk9/16Tu10:00am

Performing Group Show

Intermediate/Advanced Show: Approval of instructor needed. Questions: Call Frank Robson at 301-572-4975.

10 One hour sessions\$30 single92747 Holiday Park SrCRobson9/18Th2:30pm

Square Dance

Beginner: A favorite throughout the country for fun, exercise, and making friends. Newcomers welcome. Questions: Call Betsy Taylor at 301-589-4868.

10 One hour and thirty minute sessions \$45 single 93456 Long Branch CC Taylor 9/16 Tu 8:00pm Beginner: Questions: Call Betsy Taylor at 301-589-4868.

10 One hour sessions \$30 single 93450 Schweinhaut Sr C Taylor 9/18 Th 10:10am

Square Dance Plus 1

For those who have completed Mainstream 1 and 2. Questions: Call Betsy Taylor at 301-589-4868.

10 One hour sessions\$30 single93457 Schweinhaut SrCTaylor9/18Th11:10am

Fitness for Youth

CCS Team: 240-777-6870

Baton Beginner

♣

Ages 5-12 Beginners: Fundamental twirling, marching, and basic dance techniques. Batons for class use are provided by instructor, however, purchase is recommended. Custom fit batons may be ordered at first class. Participants will demonstrate their skills in an informal parent performance at last class. Questions: Call Juli Duda at 301-607-6477.

10 Fort	\$50				
90875	Clemente, Roberto M	IS Duda	9/15	M	6:15pm
90876	Resnik, Judith A. ES	Duda	9/15	M	6:15pm
90877	Cashell ES	Duda	9/16	Tu	6:15pm
90878	Woodfield ES	Duda	9/17	W	6:15pm
90879	Damascus ES	Duda	9/18	Th	6:15pm
90880	Bauer Drive CC	Duda	9/20	Sa	9:00am
90881	Ride, Dr. Sally K. ES	Duda	9/16	Tu	6:15pm
90882	Brooke Grove ES	Duda	9/17	W	6:15pm

Baton Intermediate Ages 5-12 Intermediate: Training continues through levels of proficiency in combining twirling, and dance as a soloist and

proficiency in combining twirling, and dance as a soloist and in a team format. Routines are taught for a public appearance. Questions: Call Juli Duda at 301-607-6477.

10 One-hour sessions					\$50
90883	Bauer Drive CC	Duda	9/20	Sa	9:45am

Cheerleading



Ages 5-13 Beginners: Don't miss this exciting 4 week cheerleading program! Students will learn new cheers and chants, proper motions, tumbling, safe stunting, and dynamic choreography. Questions: Call Phil Brudner at 301-831-6665.

4 Two l	nour sessions				\$60
90884	Olney ES	Brudner	9/29	M	5:00pm
90885	Germantown CC	Brudner	9/30	Tu	5:00pm
90889	Potomac CC	Brudner	10/28	Tu	4:00pm

Little Feet Aerobics

Ages 5-11: A popular aerobic dance program since 1981. A fun, noncompetitive activity where children learn choreographed dances to popular music. Children gain confidence while developing a commitment to fitness and health. Participants should wear athletic shoes, shorts, and T-shirts. Any additional locations will be publicized through the participating school. Questions: e-mail Nancy Merrill at nmerrill@erols.com. 90890-90894, 90896: Grades 1-5; 90895: Grades K-2; 90897: Grades 1-5 and Adult.

11 Fort	11 Forty-five minute sessions					
Grades	1-5:					
90890	Potomac ES	Little Feet	9/23	Tu	3:45pm	
90891	Barnsley, Lucy ES	Little Feet	9/23	Tu	3:45pm	
90892	Beverly Farms ES	Little Feet	9/24	W	3:15pm	
90893	Jones Lane ES	Little Feet	9/24	W	3:15pm	
90894	Wayside ES	Little Feet	9/24	W	3:45pm	
90896	Garrett Park ES	Little Feet	9/25	Th	3:15pm	
Grades	K-2:					
90895	Rosemary Hills ES	Feet	9/24	W	3:45pm	
Grades	1-5 and an Adult:					
11 Fort	y-five minute sessio	ns			\$66/each	
90897	Germantown CC	Feet	9/25	Th	6:00pm	

Junior Jazzercise

_A <u>→</u>

Ages 5-11: Specialized noncompetitive dance fitness program for children. Benefits cardiovascular fitness, basic dance techniques, flexibility and coordination. Participants should wear loose clothes and tennis shoes. Questions: Call Jennifer Sambataro at 301-916-3533

8 Forty-	five minute sessio	ns			\$60
90899	Poolesville ES	Sambataro	9/19	F	3:20pm

Fitness for Adults

Ages 18&Up unless otherwise noted in the description. Advertised program lengths include set-up and take-down time. Actual instruction time may be less. Classes cancelled due to inclement weather or facility unavailability are made up when possible by adding on to the end of the session and/or extending remaining class times or making up the class at another location.

For Fitness programs designed for people with Multiple Sclerosis please see pages 10-11.

A.C.T. The Workout



Vigorous easy to follow co-ed class. Strengthen and tone all muscle groups and improve cardiovascular fitness. Bring hand and/or ankle weights (optional). Designed to enable self pacing for those who wish to work at low impact steps. Heart rates monitored throughout the hour. Register any time during session. A punch card for the number of sessions purchased is provided at class & can be used at any ACT location listed below for 3 months. After registering, go to the class location of your choice to pick up your card.

\$92822
\$136.60 for 36 One hour sessions (recommended 3 days/week)
\$92823
\$94.80 for 24 One hour sessions (recommended 2 days/week)
\$73.80 for 18 One hour sessions (average 1.5 days/week)
\$52.80 for 12 One hour sessions (1 day/week)

Class Locations	Instructor	Days	Times
Wheaton CC	Diggs	M,W	6:00-7:00pm
Wheaton CC	Castellucci	T, Th	6:00-7:00pm
Bauer Dr. CC	Castellucci	M, W	5:00-6:00pm
Bauer Dr. CC	Horowitz	M,W	6:00-7:00pm
East County CC	Korba	T,Th	7:00-8:00pm
Potomac CC	Ingrim/Andrews	T,Th	7:00-8:00pm
Wheaton CC	Castellucci	Sat	9:00-10:00am
Potomac CC	Andrews/Ingrim	Sat	9:00-10:00am
Wayside El	Doong	Sun	9:30am-10:30am

Aerobic Kickboxing by TKA



Ages 16&Up: A super charged co-ed fitness program offering a cardiovascular and muscular strength workout. Get fit and have fun doing it. No equipment required. A non-contact fitness oriented class with Black Belt instructors.

10 One	hour sessions				\$50
92764	Germantown CC	TKA Staff	9/22	M	6:00pm
92766	Bauer Drive CC	TKA Staff	9/23	Tu	6:00pm
92765	Germantown CC	TKA Staff	9/24	W	6:00pm
92768	Potomac CC	TKA Staff	9/24	W	6:00pm

Ballet Exercise

1 ★

Stretching, toning, balance, coordination and low impact cardio workout to classical music. Increase energy and flexibility, improve posture and body awareness. Wear comfortable clothing, soft ballet shoes or bare feet and tennis shoes. Bring light hand weights and mat. Instructor: former professional dancer, ACE certified, owner Fitness Care LLC and 25 years experience.

	hour sessions			\$60
92855	Tilden Ctr (Wood MS) Kish	9/16	Tu	7:15pm

Bio Aerobics

↑ ★

Cardio Fit (High/Low) Ages 12&Up: A complete High/Low Impact fitness program to condition the cardiovascular system and tone and strengthen muscle groups through easy to learn choreographed dances. Participant can choose fitness level. Body sculpting included. Member IDEA & CPR certified instructors.

	hour sessions				\$60
93349	Germantown CC	Bio Aerobics	9/9	Tu, Th	7:00pm
14 One	hour sessions				\$52.50
93351	Germantown CC	Bio Aerobics	11/11	Tu, Th	7:00pm
Candia	F:4 /1 -/-> A 400				D!

Cardio Fit (Low) Ages 12&Up: Same great workout as regular Bio Aerobics but with low impact moves for safe yet effective exercise.

16 One	hour sessions				📉 \$60
93352	Long Branch CC	Bio Aerobics	9/9	Tu, Th	6:45pm
14 One	hour sessions				\$52.50
93353	Long Branch CC	Bio Aerobics	11/11	Tu, Th	6:45pm

Cardio Fit Half Hour Workout Ages 12&Up: 30 packed minutes of Bio's regular aerobics. Use it alone or as a complement to the Tone & Firm class.

10 Thirty minute sessions \$18.75 93354 Briggs Chaney MS Bio Aerobics 9/16 Tu, Th 7:30pm 14 Thirty minute sessions \$26.25 93356 Briggs Chaney MS Bio Aerobics 11/11 Tu, Th 7:30pm

Tone & Firm Ages 12&Up: Increase flexibility; improve total body appearance; strengthen and tone abdominal, thighs and buttocks. Perfect for primary mat/floor exercise and to compliment your regular aerobics program. Resistance devices optional.

10 One	hour sessions			\$37.50
93357	Briggs Chaney MS	Bio Aerobics 9/16	Tu, Th	8:00pm
14 One	hour sessions			\$52.50
93358	Briggs Chaney MS	Bio Aerobics 11/11	Tu. Th	8:00pm

Boxing Workout

Beginners: Introduction to a boxer's workout. Designed to teach students eye-hand and foot coordination while incorporating a boxers exercise workout. No physical contact. Develop discipline, gain confidence while incorporating team sportsmanship.

8 One hour and fifteen minute sessions \$60 Fairland CC 9/20 10:00am

Advanced Workout: Prerequisite; the beginner level with Johnson. 8 One hour and fifteen minute sessions \$60 Fairland CC 9/20 11:15am Johnson Sa

Dancin' Fitness

A full body aerobic workout for anyone who loves to dance. Choreographed to a variety of upbeat music: popular oldies, show tunes, country and jazz. Warm-up, stretching, abdominals, upper body toning with optional weights and cool-down. Instructors are trained and CPR certified.

hour sessions				\$98
River Falls CC	Sobeck	9/15	M, W	9:00am
Bannockburn El	Hutchinson	9/15	M, W	6:00pm
Tilden MS	Azuree	9/15	M, W	7:00pm
Glenallan El	Waldstreicher	9/15	M, W	7:30pm
Leland CC	Polak	9/16	Tu, Th	9:15am
Veirs Mill PC	Antos	9/16	Tu, Th	9:30am
Bauer Drive CC	Riley	9/16	Tu, Th	4:15pm
Potomac CC	Donnelly	9/16	Tu, Th	6:00pm
Kemp Mill El	Burke	9/16	Tu, Th	6:00pm
Cashell El	Riggleman	9/16	Tu, Th	7:00pm
Rock View El	Wiemers	9/16	Tu, Th	7:30pm
Upper County CC	Braun	9/16	Tu, Th	6:15pm
	River Falls CC Bannockburn El Tilden MS Glenallan El Leland CC Veirs Mill PC Bauer Drive CC Potomac CC Kemp Mill El Cashell El Rock View El	River Falls CC Bannockburn El Tilden MS Glenallan El Leland CC Veirs Mill PC Bauer Drive CC Potomac CC Kemp Mill El Cashell El Rock View El Sobeck Hutchinson Azuree Waldstreicher Polak Antos Riley Potomac CC Donnelly Burke Riggleman Wiemers	River Falls CC Bannockburn El Tilden MS Glenallan El Leland CC Veirs Mill PC Bauer Drive CC Potomac CC Coshell El Cashell El Riggleman P/15 Hutchinson 9/15 Hutchinson 9/15 Waldstreicher 9/15 Valdstreicher 9/16 Polak 9/16 Antos 9/16 Bauer Drive CC Riley 9/16 Burke 9/16 Rock View El Wiemers 9/16	River Falls CC Bannockburn El Hutchinson Filden MS Azuree Hutchinson Filden MS Azuree Filden MS My Waldstreicher Filden MS My Weirs Filden MS My Waldstreicher Fil

Add A Day: You must be enrolled in a two day a week class above to sign up for this additional day.

12 One hour sessions					
93372	Veirs Mill PC	\Miemers	9/20	Sa	9.00am

Dare To Dance

Choreographed fitness program designed for those who like to DANCE. An effective cardiovascular workout through safe, easy and fun routines. Alternative low-impact steps and moves incorporated to allow students to choose their level. Stretching/toning segments begin and end each class. Instructor is CPR certified and IDEA member. Bring a mat.

24 One hour sessions				\$102	
93374	Ouince Orchard HS	Tanco	9/15	M. W	6:45pm

Definitions

Strength Training: Gain body strength, flexibility and endurance using free weights. A perfect opportunity to learn proper form for weight bearing exercises. Initial 5 min. body warm-up with 40 min. of strength training, 5 min. abdominal work and 10 min. cool down using stretching and yoga positions. Bring mat/towel and light hand weights. Instructor has BA in Phys. Ed. and is ACE and CPR certified. Perfect for beginners and intermediates.

20 One	hour sessions			\$89
93389	Clara Barton CC	Rodman/Evans 9/16	Tu, Th	9:15am
93390	Clara Barton CC	Rodman 9/16	Tu, Th	7:00pm

Low Impact Aerobics

Get your heart rate up and the best of low impact aerobics! Join Choreography-based, fun and creative. Level is beginner to intermediate. Be prepared to enjoy yourself and workout at the same time.

20 One hour sessions					\$89
93392	Clara Barton CC	Brooks	9/15	M, F	9:15am

CCS Team: 240-777-6870

Dynaerobics

Co-ed fitness: A total program, perfect for cross trainers. Energizing warm-up, choreographed, safe hi and low impact aerobics, strengthening and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat/towel.

26 One	hour sessions				\$110
93393	Tilden Ctr	Berry	9/15	M, W	6:00pm
93394	Cloverly El	Dameron	9/15	M, W	6:30pm
93395	Bauer Drive CC	Lambert	9/9	Tu, Th	6:00pm
13 One	hour sessions				\$55
93396	Bauer Drive CC	Doyle	9/6	Sa	10:00am

Dynaerobics Body Challenge

A full 75 minutes of Co-ed fitness: aerobics plus body sculpting. Hi and low impact aerobics, strengthening and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat/towel.

26 One hour and fifteen minute sessions					\$138
93432	Bauer Drive CC	Doyle	9/9	Tu, Th	7:00pm

Dynaerobics Body Sculpting

A serious workout to firm all major muscle groups. Special attention given to the abdominal, hips, thighs and gluteals. Includes strength and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat. Resistance bands provided and hand weights optional.

26 One hour sessions							
93430	Tilden MS	Gaither	9/15	M, W	6:00pm		
13 One hour sessions							
93431	Bauer Drive CC	Doyle	9/6	Sa	11:00am		

One on One Personal Training

Under the direct supervision of Douglas C. Schwanke, B.S. NSPA Certified Conditioning Specialist and Personal Trainer, all ages can learn benefits of exercise through 1 on 1 training in various strength training exercises (free weights, calisthenics, and isometric training) and cardiovascular conditioning. Sessions held at the Bauer Drive or Coffield CC. Days and times arranged by appointment.

After you register, you will be mailed a confirmation with the name and phone number of the instructor for you to contact to

schedule your training time and location. You must register prior to the month you wish to start your training. 1 One hour or 2 Thirty minute sessions \$52

93433 September Training 93434 October Training 93435 **November Training** 93436 **December Training**

Fitness Workouts for Small Group Training → ★

Introduction to Weight Training: designed to teach individuals safe and effective exercises that work all major muscle groups using machines, free weights and dumb-bells. Instructor is NSPA Certified Trainer.

4 One hour sessions					\$58
93437	Bauer Drive CC	Schwanke	9/13	Sa	11:00am

Abflex: A half hour class focusing on strengthening the abdominal muscles and static & PNF stretching to improve flexibility and range of motion.

6 Thirty minute sessions					\$45
93439	Bauer Drive CC	Schwanke	9/13	Sa	10:30am

Body Sculpt: Designed to strengthen and tone all the muscle groups using a variety of resistance exercises. Instructor is a certified personal trainer.

6 Thirty	\$45				
93440	Bauer Drive CC	Schwanke	9/13	Sa	10:00am

CCS Team: 240-777-6870

Interval Training for the Mature Adult

5-7 minutes warm up, 35 minutes of intense, non-impact cardiovascular workout, alternating intervals with hand weights and body bands at a ratio of 5 min. to 2 min, floor work including abdominal, leg work and cool down stretches. Bring hand weights.

10 One hour sessions					\$40
93445	Wood Acres El	Holland	9/15	M	6:30pm
93446	Wood Acres El	Holland	9/17	W	6:30pm

Jacki Sorensen's Aerobic Programs

Aerobic Dancing: Complete, safe, effective and fun fitness program that burns calories and increases flexibility, strength and endurance. Adaptable to low impact and low intensity levels through self pacing. Heart rate monitoring and on-your-feet muscle strengthening with Vertifirm (TM). Bring mat and hand and/or ankle weights (optional).

hour sessions				\$126
Coffield CC	Cottle	9/9	Tu, Th	7:00pm
hour sessions				\$65
Potomac CC	Baker	9/9	Tu	9:00am
Potomac CC	Baker	9/11	Th	9:00am
	Coffield CC hour sessions Potomac CC	Coffield CC Cottle hour sessions Potomac CC Baker	Coffield CC Cottle 9/9 hour sessions Potomac CC Baker 9/9	Coffield CC Cottle 9/9 Tu, Th hour sessions Potomac CC Baker 9/9 Tu

Aerobic Workout: Jacki's non-dancing approach to fitness. A perfect co-ed program. A head to toe fat burning workout not dependent on previous class attendance, simple to follow, easy to do. Bring mat.

12 One	hour sessions				\$60
93451	Longwood CC	Baker	9/13	Sa	9:15am

Jacki Sorensen's Strong Step: A high energy low-impact fitness class; a blend of exercise, bench and resistance training providing a full body workout. Students can adjust step level to vary intensity. Participants must provide own step and exercise mat 1-6 lbs. hand weights (optional).

13 One	hour sessions				\$65
93452	Potomac CC	Baker	9/12	F	9:00am

Jazzmatazz

A lively, choreographed, low impact/high intensity aerobic workout that emphasizes muscular strength and flexibility along with cardio-vascular strength and endurance. Spri Xertubes (available from the instructor for \$10) are required for strength training. Students are strongly urged to register for at least two days a week to achieve the best results.

13 One	hour sessions				\$62
93463	Sligo MS	Saunders	9/15	M	5:45pm
93464	Sligo MS	Saunders	9/17	W	5:45pm
93465	Fairland CC	Saunders	9/16	Tu	5:30pm
93466	Fairland CC	Saunders	9/18	Th	5:30pm
93467	Wheaton CC	Saunders	9/16	Tu	7:15pm
93468	Wheaton CC	Saunders	9/18	Th	7:15pm

Jazzmatazz Long & Strong

A Pilates based exercise program rooted in modern/jazz dance. A series of choreographed, but gentle, non-impact exercises designed to develop core abdominal muscles for spinal and lower back stabilization, strengthen the body while lengthening muscles, and increase overall flexibility. These exercises have long been used by dancers to achieve their strong, lean, and supple bodies. For maximum benefits, students are strongly urged to register for both days.

	hour sessions				\$62
93477	Sligo MS	Saunders	9/15	M	7:00pm
93478	Sligo MS	Saunders	9/17	W	7:00pm
4.0	and the second second				Δ.

Jazzmatazz Light

Active Seniors & Beginners: A fun filled, choreographed workout that is similar to Jazzmatazz, but is lower to no impact, and still emphasizes muscular strength and flexibility along with cardio-vascular strength and endurance. Spri Xertubes (available from the instructor for \$10) are required for strength training. To achieve the best results, students are strongly urged to register for both days.

13 One	hour sessions				\$62
93474	Wheaton CC	Saunders	9/16	Tu	9:00am
93475	Wheaton CC	Saunders	9/18	Th	9:00am

Jazzercise

The world's largest dance fitness program choreographed by Judi Sheppard Missett. Includes 6-8 min. warm-up, 25-30 min. aerobic activity, floor routines for toning and strengthening, and a stretch/cool down period. Combines no-impact, low-impact and impact movements. Registration includes 2 Months of Unlimited Attendance Any Days at Upper County Community Center.

2 Mont	hs Unlimited Partic	ipation		,	\$50
93455	Upper County CC	Elmore	9/2	Tu, Th,	F 9:30am
				M, W	6:30pm

Kelley's Complete Fitness Workout

Ages 13&Up: Safe, effective exercises to strengthen and tone major muscle groups. Stretching warmed-up muscles for flexibility, sensible aerobics to condition, burn fat and strengthen cardiovascular system, relaxation techniques and emphasis on proper body alignment and posture. Hand weights optional. Instructor is a physical education teacher with BS and 20 years experience.

12 One	hour and fifteen n	ninute sessioi	ns		\$56
93479	Wheaton CC	Kelley	9/15	M	9:00am
93480	Longwood CC	Kelley	9/15	M	7:00pm
93481	Bauer Drive CC	Kelley	9/17	W	9:00am
93482	Longwood CC	Kelley	9/17	W	7:15pm
93483	Wheaton CC	Kelley	9/18	Th	9:00am
93484	Spencerville PC	Kelley	9/18	Th	7:15pm

Traditional Slimnastics offering a unique exercise experience. Opening with a total body warm-up, aerobic conditioning for cardiovascular fitness and floor exercises for toning hips, thighs, abdominal and gluteals. Program provides flexibility, endurance, strength. Bring mat and light hand weights (optional) to class.

13 One	hour sessions				\$49
93485	Pilgrim Hills PC	Trimble	9/17	W	9:30am
12 One	hour sessions				\$45
93486	Pilgrim Hills PC	Trimble	9/19	F	9:30am

Susan Taylor Workouts

Movin' with Millie

Both Workout Classes offer a Hi/Lo intensity choice. Enjoy real music and lightly choreographed routines. Serious, fun and up to date.

24 One	hour sessions				\$96
93490	Leland CC	Taylor	9/9	Tu, Th	6:00pm

Super Class: Your choice? Workout form 8:45-9:45 am and go home or stay for an additional 15 minutes of stretch and tone at no extra charge.

93491 Potomac CC Taylor 9/10 W, M 8:45am

Our address is changing: As of September 2, the

Recreation Department's mailing address will be:
Montgomery County
Recreation Department
4010 Randolph Road
Silver Spring, MD
20902-1099



Martial Arts for Everyone

Advertised program lengths include set-up and take-down time. Actual instruction time may be less. Classes cancelled due to inclement weather or facility unavailability are made up when possible by adding on to the end of the session and/or extending remaining class times or making up the class at another location.

Aikido

Beginners-Ages 10&Up: A defensive martial art that redirects an attacker's energy through evasions, throws, escapes, and pins. By learning the principles and practice of Aikido, one can, learn to manage conflict in one's personal life. Be non-aggressive without being a victim. Coordinate mind and body and deal effectively with stress and tension. Emphasis on Ki development.

10 One hour and thirty minute sessions					\$65
92868	Children's Learning Ctr	Rowe	9/18	Th	6:00pm

Karate/Jujitsu

Ages 6-12 (Note new age minimum-Child must be 6 at the start of the class): The physical and psychological aspects taught. Lecture, exercise, drills and competition with promotional exams available. Instructors from Tompkins Karate Association. *All locations accept Beginning through Advance students. However, at the following sites where both a 6pm and 7pm option is offered, beginners must attend the 6pm class: Upper County CC, Bauer CC, Resnik EI, Fairland CC, and Dufief EI.

14 One	hour sessions				\$58
92830	Longwood CC	TKA	9/15	M	7:00pm
92831	Upper County CC*	TKA	9/15	M	6:00pm
92832	Upper County CC	TKA	9/15	M	7:00pm
92833	Wheaton CC	TKA	9/15	M	7:00pm
92834	Baker MS	TKA	9/16	Tu	7:00pm
92835	Germantown CC	TKA	9/16	Tu	7:00pm
92836	Bauer Drive CC*	TKA	9/17	W	6:00pm
92837	Bauer Drive CC	TKA	9/17	W	7:00pm
92838	Potomac CC	TKA	9/17	W	7:00pm
92839	Resnik EI*	TKA	9/17	W	6:00pm
92840	Resnik El	TKA	9/17	W	7:00pm
92841	Clara Barton CC	TKA	9/17	W	7:00pm
92842	Stedwick El	TKA	9/17	W	7:00pm
92843	Fairland CC*	TKA	9/11	Th	6:00pm
92844	Fairland CC	TKA	9/11	Th	7:00pm
92845	DuFief EI*	TKA	9/11	Th	6:00pm
92846	DuFief El	TKA	9/11	Th	7:00pm
92847	Poolesville HS	TKA	9/11	Th	7:00pm
92848	Rolling Terrace El	TKA	9/11	Th	7:00pm
92849	Bethesda El	TKA	9/11	Th	7:00pm

Ages 13&Up: Introduction to physical and psychological aspects of Karate and Jujitsu. Lecture, exercise, drills and competition with promotional exams available. Instructors from Tompkins Karate Association (TKA). All locations accept beginning through advance students.

14 One	hour and thirty mir	iute sessions			\$77
92919	Upper County CC	TKA	9/15	M	8:00pm
92920	Wheaton CC	TKA	9/15	M	8:00pm
92921	Germantown CC	TKA	9/16	Tu	8:00pm
92922	Baker MS	TKA	9/16	Tu	8:00pm
92923	Bauer Drive CC	TKA	9/17	W	8:00pm
92924	Clara Barton CC	TKA	9/17	W	8:00pm
92925	Potomac CC	TKA	9/17	W	8:00pm
92926	Stedwick El	TKA	9/17	W	8:00pm
92927	Bethesda El	TKA	9/11	Th	8:00pm
92928	Fairland CC	TKA	9/11	Th	8:00pm
92929	DuFief El	TKA	9/11	Th	8:00pm
92930	Rolling Terrace El	TKA	9/11	Th	8:00pm

Karate/Jujitsu Club

Ages 13&Up: Brown and black belt TKA students. Practice with each other and develop skills under supervision of select instructors. No formal instruction during Club sessions. Must be registered in a regular TKA class during the same season.

CCS Team: 240-777-6870

10 Two	hour sessions				\$25
93053	Bauer Drive CC	TKA	9/12	F	7:00pm

Isshin Ryu Karate

Ages 13&Up: Learn self-defense and a way of life, while gaining the benefit of a great workout. Develop self confidence, energy, strength and stamina. Become proficient in effective striking and blocking, and in other combat-oriented controlling techniques. Wear loose fitting clothes or white Gi. Training in non-contact sparring requires protective gear: see instructor for details. Students work at their own pace. Promotional advancement is available. Ongoing, continuous program. Two day a week attendance is optional, however, no reduction in fee will be given.

24 One	hour and thirty m	inute sessions			\$60
93056	Ross Boddy CC	Jenkins	9/8	M, W	7:00pm

Kendo

Ages 13&Up: Modern sword training done using bamboo swords as opposed to bladed swords. Protection for chest, head and hands is worn. Kendo benefits both mind and body through quick thought, quick reflexes, determination, self control and positive physical expression. The goal is not necessarily to defeat the opponent but to gain inner strength and mental confidence. Explore the ancient samurai, their philosophy and values. Material fee of \$27 is due to the instructor to cover cost of shinai. Instructor: Shiro Shintaku

9 One I	nour sessions				\$57
93058	Tilden MS	Shintaku	9/18	Th	7:15pm

Shodo

Ages 13&Up Beginner: Japanese Brush Writing, the mental and physical expression of thoughts, feelings and interpretations through the written word, is part of the training of the true Samari. Helps to develop good concentration, natural hand motion and mental calmness with this introduction to the Japanese language. \$19 material fee due to instructor.

9 One h	nour sessions				\$57
93059	Tilden MS	Shintaku	9/18	Th	6:00pm

School Break Holiday Clinics for Youth

Karate Clinics

Ages 6-12: Diversified and intensive Tang Soo Do style Korean karate and jujitsu instruction for all ability levels. Includes basic motion, kata, one-step sparring, falling, falling, take down, throwing, exam preparation, etc. Students grouped by belt level and age where appropriate. Optional exam will be offered for an additional \$25, payable to TKA.

4 Two h	nour and thirty mi	nute sessions		\$41
93575	Bauer Drive CC	TKA Staff	12/26 F,M,Tu,W	9:00am

Club Holiday

Ages 3-12: Your Cruise Director will provide time to enjoy age appropriate sports, games, arts & crafts; plus time to chat and visit with your friends. Fits into everyone's schedule! Participants choose the activities they want to participate in based on their own needs. Sports include soccer, basketball, hockey and others. Games as well as non-competitive activities designed for everyone's enjoyment. Bring a bag lunch. Price includes all materials. Note: Little Skippers ages 3-5 will rotate through age appropriate activities and may only register for 91980 or 91981, the half-day sessions!

hour sessions				\$115
Potomac CC	CTI	12/23	Tu-W	9:30am
Germantown CC	CTI	12/23	Tu-W	9:30am
our sessions				\$185
Germantown CC	CTI	12/23	Tu-W	9:30am
Potomac CC	CTI	12/23	Tu-W	9:30am
	Germantown CC our sessions Germantown CC	Potomac CC CTI Germantown CC CTI our sessions Germantown CC CTI	Potomac CC CTI 12/23 Germantown CC CTI 12/23 our sessions Germantown CC CTI 12/23	Potomac CC CTI 12/23 Tu-W Germantown CC CTI 12/23 Tu-W our sessions Germantown CC CTI 12/23 Tu-W

Tiny Tots

CCS Team: 240-777-6870

Is your child's birth date just shy of the start date of his/her favorite activity? Don't wait until winter! Look for programs that offer a Session II beginning in late fall! Please note: Child must be the correct age at the start of the program!

Art Adventures

Ages 2-5: All that glitters is...Art Adventures! Join us for creativity, fun, motor skill development, language, and socialization in an adventure with colors, textures, paints, and glitter too! \$10 material fee due to instructor. Adult participation required. Is your child ready for more than forty-five minutes of fun? Check out the Me Too class!

9 Forty-	five minute sessions				\$58
91968	Coffield CC	Ms Sharon	9/22	M	11:15am
91969	Potomac CC	Ms Sharon	9/23	Tu	10:45am
91970	Leland CC	Ms Sharon	9/24	W	10:00am
91971	Leland CC	Ms Sharon	9/24	W	11:30am
91972	Leland CC	Ms Sharon	9/24	W	1:00pm
91973	Potomac CC	Ms Sharon	9/25	Th	9:30am
91974	Potomac CC	Ms Sharon	9/25	Th	10:15am
		_			

Messes and Masterpieces

Ages 2-4: Enjoy a fun-filled exploration of colors, textures, paints, glitter and glue designed to spark your child's imagination. Theme based classes combine stories, music and art as we experience seasons and holidays. Please wear old clothes or bring a smock. Weather permitting; we may take advantage of the outdoors so keep a hat and/or sunscreen handy. \$15 material fee due to instructor. Adult participation required.

8 Forty	five minute session	S			\$52
92075	Longwood CC	Ms Joan	9/22	M	10:00am
92076	Longwood CC	Ms Joan	9/22	M	11:00am
92077	Tilden Woods PC	Ms Joan	9/23	Tu	10:00am
92078	Tilden Woods PC	Ms Joan	9/23	Tu	11:00am
92079	Potomac CC	Ms Joan	9/24	W	10:00am
92080	Potomac CC	Ms Joan	9/24	W	11:00am
92081	Potomac CC	Ms Joan	9/24	W	1:15pm



Tiny Hands Crafts

Ages 2-6: Come and see what tiny hands can do! This "hands" on class encourages children to be creative, get messy, and have fun with paint, glue, glitter, foam, fabric, wood items, and more. Kids will make at least 2 projects per class...most of them keepers! Please bring a smock. \$18 material fee due to instructor. Adult participation required.

5 Forty-five minute sessions

93340

Germantown CC

\$32

Session I	Germantown CC	Tiny Hands	9/15	М	9:30am
92092	Potomac CC	Tiny Hands	9/15	M	10:00am
92107	Potomac CC	Tiny Hands	9/15	M	11:00am
92093	Germantown CC	Tiny Hands	9/16	Tu	9:30am
93297	Germantown CC	Tiny Hands	9/16	Tu	10:30am
92102	Wheaton CC	Tiny Hands	9/16	Tu	9:30am
93310	Wheaton CC	Tiny Hands	9/16	Tu	10:30am
92104	Leland CC	Tiny Hands	9/16	Tu	1:00pm
92096	Germantown CC	Tiny Hands	9/17	W	9:30am
93303	Germantown CC	Tiny Hands	9/17	W	10:30am
92106	Camp Seneca PC	Tiny Hands	9/17	W	1:00pm
93317	Camp Seneca PC	Tiny Hands	9/17	W	2:00pm
92098	Bauer Drive CC	Tiny Hands	9/17	W	9:30am
92109	Bauer Drive CC	Tiny Hands	9/17	W	10:30am
92090	Bauer Drive CC	Tiny Hands	9/17	W	1:00pm
93321	Bauer Drive CC		9/17	W	
92101	Longwood CC	Tiny Hands Tiny Hands	9/17	W	2:00pm 10:15am
92094	Longwood CC		9/18	Th	9:30am
93300	Longwood CC	Tiny Hands	9/18	Th	10:30am
92100	Fairland CC	Tiny Hands	9/18	Th	10:30am
	Clara Barton CC	Tiny Hands	9/18	Th	10:00am
93327		Tiny Hands			
92097	Coffield CC	Tiny Hands	9/18	Th Th	1:00pm
93323	Fairland CC Fairland CC	Tiny Hands	9/18 9/18	Th	1:00pm
93325		Tiny Hands		F	2:00pm
92103	Potomac CC	Tiny Hands	9/19	F	10:00am
93313	Potomac CC	Tiny Hands	9/19	Г	11:00am
Ages 2-7 92099	Germantown CC	Tiny Hands	9/20	Sa	10:15am
		Tilly Flatias	7120	Ju	10.13411
Session I	I				
02201	Cormantown CC	Tiny Hands	11/2	NΛ	0.20am
93294	Germantown CC	Tiny Hands	11/3	M	9:30am
93295	Potomac CC	Tiny Hands	11/3	M	10:00am
93295 93319	Potomac CC Potomac CC	Tiny Hands Tiny Hands	11/3 11/3	M M	10:00am 11:00am
93295 93319 93296	Potomac CC Potomac CC Germantown CC	Tiny Hands Tiny Hands Tiny Hands	11/3 11/3 10/28	M M Tu	10:00am 11:00am 9:30am
93295 93319 93296 93298	Potomac CC Potomac CC Germantown CC Germantown CC	Tiny Hands Tiny Hands Tiny Hands Tiny Hands	11/3 11/3 10/28 10/28	M M Tu Tu	10:00am 11:00am 9:30am 10:30am
93295 93319 93296 93298 93309	Potomac CC Potomac CC Germantown CC Germantown CC Wheaton CC	Tiny Hands Tiny Hands Tiny Hands Tiny Hands Tiny Hands	11/3 11/3 10/28 10/28 10/28	M M Tu Tu Tu	10:00am 11:00am 9:30am 10:30am 9:30am
93295 93319 93296 93298 93309 93311	Potomac CC Potomac CC Germantown CC Germantown CC Wheaton CC Wheaton CC	Tiny Hands	11/3 11/3 10/28 10/28 10/28 10/28	M M Tu Tu Tu Tu	10:00am 11:00am 9:30am 10:30am 9:30am 10:30am
93295 93319 93296 93298 93309 93311 93315	Potomac CC Potomac CC Germantown CC Germantown CC Wheaton CC Wheaton CC Leland CC	Tiny Hands	11/3 11/3 10/28 10/28 10/28 10/28 10/28	M M Tu Tu Tu Tu	10:00am 11:00am 9:30am 10:30am 9:30am 10:30am 1:00pm
93295 93319 93296 93298 93309 93311 93315 93302	Potomac CC Potomac CC Germantown CC Germantown CC Wheaton CC Wheaton CC Leland CC Germantown CC	Tiny Hands	11/3 11/3 10/28 10/28 10/28 10/28 10/28 10/29	M M Tu Tu Tu Tu Tu	10:00am 11:00am 9:30am 10:30am 9:30am 10:30am 1:00pm 9:30am
93295 93319 93296 93298 93309 93311 93315 93302 93304	Potomac CC Potomac CC Germantown CC Germantown CC Wheaton CC Wheaton CC Leland CC Germantown CC Germantown CC	Tiny Hands	11/3 11/3 10/28 10/28 10/28 10/28 10/28 10/29 10/29	M M Tu Tu Tu Tu W W	10:00am 11:00am 9:30am 10:30am 9:30am 10:30am 1:00pm 9:30am 10:30am
93295 93319 93296 93298 93309 93311 93315 93302 93304 93316	Potomac CC Potomac CC Germantown CC Germantown CC Wheaton CC Leland CC Germantown CC Germantown CC Germantown CC Camp Seneca PC	Tiny Hands	11/3 11/3 10/28 10/28 10/28 10/28 10/28 10/29 10/29 10/29	M M Tu Tu Tu Tu W W	10:00am 11:00am 9:30am 10:30am 9:30am 10:30am 1:00pm 9:30am 10:30am 1:00pm
93295 93319 93296 93298 93309 93311 93315 93302 93304 93316 93318	Potomac CC Potomac CC Germantown CC Germantown CC Wheaton CC Wheaton CC Leland CC Germantown CC Germantown CC Germantown CC Camp Seneca PC Camp Seneca PC	Tiny Hands	11/3 11/3 10/28 10/28 10/28 10/28 10/29 10/29 10/29 10/29	M M Tu Tu Tu Tu W W W	10:00am 11:00am 9:30am 10:30am 9:30am 10:30am 1:00pm 9:30am 10:30am 1:00pm 2:00pm
93295 93319 93296 93298 93309 93311 93315 93302 93304 93316 93318 93306	Potomac CC Potomac CC Germantown CC Germantown CC Wheaton CC Leland CC Germantown CC Germantown CC Germantown CC Camp Seneca PC Camp Seneca PC Bauer Drive CC	Tiny Hands	11/3 11/3 10/28 10/28 10/28 10/28 10/28 10/29 10/29 10/29 10/29 10/29	M M Tu Tu Tu Tu W W W W	10:00am 11:00am 9:30am 9:30am 9:30am 10:30am 1:00pm 9:30am 1:00pm 2:00pm 9:30am
93295 93319 93296 93298 93309 93311 93315 93302 93304 93316 93318 93306 93320	Potomac CC Potomac CC Germantown CC Germantown CC Wheaton CC Leland CC Germantown CC Germantown CC Germantown CC Camp Seneca PC Camp Seneca PC Bauer Drive CC Bauer Drive CC	Tiny Hands	11/3 11/3 10/28 10/28 10/28 10/28 10/28 10/29 10/29 10/29 10/29 10/29 10/29	M M Tu Tu Tu Tu W W W W	10:00am 11:00am 9:30am 9:30am 9:30am 10:30am 1:00pm 9:30am 1:00pm 2:00pm 9:30am 10:30am
93295 93319 93296 93298 93309 93311 93315 93302 93304 93316 93318 93306 93320 93293	Potomac CC Potomac CC Germantown CC Germantown CC Wheaton CC Wheaton CC Leland CC Germantown CC Germantown CC Camp Seneca PC Camp Seneca PC Bauer Drive CC Bauer Drive CC Bauer Drive CC	Tiny Hands	11/3 11/3 10/28 10/28 10/28 10/28 10/28 10/29 10/29 10/29 10/29 10/29 10/29	M M Tu Tu Tu W W W W W W	10:00am 11:00am 9:30am 9:30am 9:30am 10:30am 1:00pm 9:30am 1:00pm 2:00pm 9:30am 10:30am 1:00pm
93295 93319 93296 93298 93309 93311 93315 93302 93304 93316 93318 93306 93320 93293 93322	Potomac CC Potomac CC Germantown CC Germantown CC Wheaton CC Wheaton CC Leland CC Germantown CC Germantown CC Germantown CC Camp Seneca PC Camp Seneca PC Bauer Drive CC Bauer Drive CC Bauer Drive CC Bauer Drive CC	Tiny Hands	11/3 11/3 10/28 10/28 10/28 10/28 10/29 10/29 10/29 10/29 10/29 10/29 10/29 10/29	M M Tu Tu Tu W W W W W W W	10:00am 11:00am 9:30am 9:30am 10:30am 1:00pm 9:30am 1:00pm 2:00pm 9:30am 10:30am 1:00pm 2:00pm
93295 93319 93296 93298 93309 93311 93315 93302 93304 93316 93318 93306 93320 93293 93322 93308	Potomac CC Potomac CC Germantown CC Germantown CC Wheaton CC Wheaton CC Leland CC Germantown CC Germantown CC Camp Seneca PC Camp Seneca PC Bauer Drive CC Bauer Drive CC Bauer Drive CC Bauer Drive CC Longwood CC	Tiny Hands	11/3 11/3 10/28 10/28 10/28 10/28 10/29 10/29 10/29 10/29 10/29 10/29 10/29 10/29 10/29	M M Tu Tu Tu Tu W W W W W W W W	10:00am 11:00am 9:30am 9:30am 9:30am 10:30am 1:00pm 9:30am 1:00pm 9:30am 10:30am 1:00pm 2:00pm 2:00pm 2:00pm
93295 93319 93296 93298 93309 93311 93315 93302 93304 93316 93318 93306 93320 93293 93322 93308 93299	Potomac CC Potomac CC Germantown CC Germantown CC Wheaton CC Wheaton CC Leland CC Germantown CC Germantown CC Camp Seneca PC Camp Seneca PC Bauer Drive CC Bauer Drive CC Bauer Drive CC Bauer Drive CC Longwood CC Longwood CC	Tiny Hands	11/3 11/3 10/28 10/28 10/28 10/28 10/29 10/29 10/29 10/29 10/29 10/29 10/29 10/29 10/29 10/29	M M Tu Tu Tu Tu W W W W W Th	10:00am 11:00am 9:30am 9:30am 10:30am 1:00pm 9:30am 1:00pm 2:00pm 9:30am 1:00pm 2:00pm 2:00pm 1:00pm 2:00pm
93295 93319 93296 93298 93309 93311 93315 93302 93304 93316 93318 93306 93320 93293 93322 93308 93299 93301	Potomac CC Potomac CC Germantown CC Germantown CC Wheaton CC Wheaton CC Leland CC Germantown CC Germantown CC Camp Seneca PC Camp Seneca PC Bauer Drive CC Bauer Drive CC Bauer Drive CC Bauer Drive CC Longwood CC Longwood CC Longwood CC	Tiny Hands	11/3 11/3 10/28 10/28 10/28 10/28 10/29 10/29 10/29 10/29 10/29 10/29 10/29 10/29 10/29 11/6 11/6	M M Tu Tu Tu Tu W W W W W Th Th	10:00am 11:00am 9:30am 9:30am 9:30am 10:30am 1:00pm 9:30am 1:00pm 9:30am 1:00pm 2:00pm 2:00pm 2:00pm 10:15am 9:30am 10:30am
93295 93319 93296 93298 93309 93311 93315 93302 93304 93316 93318 93306 93320 93293 93322 93308 93299 93301 93328	Potomac CC Potomac CC Germantown CC Germantown CC Wheaton CC Wheaton CC Leland CC Germantown CC Germantown CC Camp Seneca PC Camp Seneca PC Bauer Drive CC Bauer Drive CC Bauer Drive CC Bauer Drive CC Longwood CC Longwood CC Longwood CC Clara Barton CC	Tiny Hands	11/3 11/3 10/28 10/28 10/28 10/28 10/29 10/29 10/29 10/29 10/29 10/29 10/29 10/29 11/6 11/6 10/30	M M Tu Tu Tu Tu W W W W W Th Th	10:00am 11:00am 9:30am 9:30am 10:30am 1:00pm 9:30am 1:00pm 2:00pm 9:30am 1:00pm 2:00pm 2:00pm 10:15am 9:30am 10:30am 10:30am
93295 93319 93296 93298 93309 93311 93315 93302 93304 93316 93318 93306 93320 93293 93322 93308 93299 93301 93328 93305	Potomac CC Potomac CC Germantown CC Germantown CC Wheaton CC Wheaton CC Leland CC Germantown CC Germantown CC Camp Seneca PC Camp Seneca PC Bauer Drive CC Bauer Drive CC Bauer Drive CC Bauer Drive CC Longwood CC Longwood CC Longwood CC Clara Barton CC Coffield CC	Tiny Hands	11/3 11/3 10/28 10/28 10/28 10/28 10/29 10/29 10/29 10/29 10/29 10/29 10/29 10/29 11/6 11/6 10/30 10/30	M M Tu Tu Tu Tu W W W W W Th Th Th	10:00am 11:00am 9:30am 9:30am 10:30am 1:00pm 9:30am 1:00pm 2:00pm 9:30am 1:00pm 2:00pm 10:15am 9:30am 10:30am 10:30am
93295 93319 93296 93298 93309 93311 93315 93302 93304 93316 93318 93306 93320 93293 93322 93308 93299 93301 93328 93305 93307	Potomac CC Potomac CC Germantown CC Germantown CC Wheaton CC Wheaton CC Leland CC Germantown CC Germantown CC Camp Seneca PC Camp Seneca PC Bauer Drive CC Bauer Drive CC Bauer Drive CC Longwood CC Longwood CC Longwood CC Clara Barton CC Coffield CC Fairland CC	Tiny Hands	11/3 11/3 10/28 10/28 10/28 10/28 10/29 10/29 10/29 10/29 10/29 10/29 10/29 10/29 10/29 11/6 11/6 10/30 10/30	M M Tu Tu Tu Tu W W W W W Th Th Th Th	10:00am 11:00am 9:30am 9:30am 9:30am 10:30am 1:00pm 9:30am 1:00pm 9:30am 1:00pm 2:00pm 10:15am 9:30am 10:30am 10:30am 10:30am
93295 93319 93296 93298 93309 93311 93315 93302 93304 93316 93318 93306 93320 93293 93322 93308 93299 93301 93328 93305 93307 93324	Potomac CC Potomac CC Germantown CC Germantown CC Wheaton CC Wheaton CC Leland CC Germantown CC Germantown CC Germantown CC Germantown CC Camp Seneca PC Bauer Drive CC Bauer Drive CC Bauer Drive CC Bauer Drive CC Longwood CC Longwood CC Longwood CC Clara Barton CC Coffield CC Fairland CC	Tiny Hands	11/3 11/3 10/28 10/28 10/28 10/28 10/29 10/29 10/29 10/29 10/29 10/29 10/29 10/29 10/29 10/29 10/30 10/30 10/30	M M Tu Tu Tu Tu W W W W W Th Th Th Th	10:00am 11:00am 9:30am 9:30am 10:30am 1:00pm 9:30am 1:00pm 2:00pm 9:30am 1:00pm 2:00pm 10:15am 9:30am 10:30am 10:30am 10:30am 10:30am 10:30am
93295 93319 93296 93298 93309 93311 93315 93302 93304 93316 93318 93306 93320 93293 93322 93308 93299 93301 93328 93305 93307 93324 93326	Potomac CC Potomac CC Germantown CC Germantown CC Wheaton CC Wheaton CC Leland CC Germantown CC Germantown CC Camp Seneca PC Camp Seneca PC Bauer Drive CC Bauer Drive CC Bauer Drive CC Longwood CC Longwood CC Longwood CC Clara Barton CC Coffield CC Fairland CC Fairland CC Fairland CC	Tiny Hands	11/3 11/3 10/28 10/28 10/28 10/28 10/29 10/29 10/29 10/29 10/29 10/29 10/29 10/29 10/29 10/29 10/30 10/30 10/30 10/30	M Tu Tu Tu Tu W W W W W Th Th Th Th Th	10:00am 11:00am 9:30am 9:30am 10:30am 9:30am 1:00pm 9:30am 1:00pm 2:00pm 9:30am 1:00pm 2:00pm 10:15am 9:30am 10:30am 1:00pm 10:15am 1:00pm 10:15am 1:00pm 10:15am 1:00pm
93295 93319 93296 93298 93309 93311 93315 93302 93304 93316 93318 93306 93320 93293 93322 93308 93299 93301 93328 93305 93307 93324 93326 93312	Potomac CC Potomac CC Germantown CC Germantown CC Wheaton CC Wheaton CC Leland CC Germantown CC Germantown CC Germantown CC Camp Seneca PC Camp Seneca PC Bauer Drive CC Bauer Drive CC Bauer Drive CC Longwood CC Longwood CC Longwood CC Clara Barton CC Coffield CC Fairland CC Fairland CC Fotomac CC	Tiny Hands	11/3 11/3 10/28 10/28 10/28 10/28 10/29 10/29 10/29 10/29 10/29 10/29 10/29 10/29 10/29 10/29 10/30 10/30 10/30 10/30 10/30	M Tu Tu Tu W W W W Th Th Th Th Th Th Th	10:00am 11:00am 9:30am 9:30am 10:30am 9:30am 1:00pm 9:30am 1:00pm 2:00pm 9:30am 1:00pm 2:00pm 10:15am 9:30am 10:30am 1:00pm 1:015am 1:00pm 10:15am 1:00pm 10:00am 1:00pm
93295 93319 93296 93298 93309 93311 93315 93302 93304 93316 93318 93306 93320 93293 93322 93308 93299 93301 93328 93305 93307 93324 93326	Potomac CC Potomac CC Germantown CC Germantown CC Wheaton CC Wheaton CC Leland CC Germantown CC Germantown CC Camp Seneca PC Camp Seneca PC Bauer Drive CC Bauer Drive CC Bauer Drive CC Longwood CC Longwood CC Longwood CC Clara Barton CC Coffield CC Fairland CC Fairland CC Potomac CC Potomac CC	Tiny Hands	11/3 11/3 10/28 10/28 10/28 10/28 10/29 10/29 10/29 10/29 10/29 10/29 10/29 10/29 10/29 10/29 10/30 10/30 10/30 10/30	M Tu Tu Tu Tu W W W W W Th Th Th Th Th	10:00am 11:00am 9:30am 9:30am 10:30am 9:30am 1:00pm 9:30am 1:00pm 2:00pm 9:30am 1:00pm 2:00pm 10:15am 9:30am 10:30am 1:00pm 10:15am 1:00pm 10:15am 1:00pm 10:15am 1:00pm

Tiny Hands

11/1

10:15am

Mother Goose on the Loose II

Ages 18 months-3 years: What a time for a rhyme! Stories, games, music, movement and more! Have fun and meet new friends while enriching your child's language, large motor skills and social development. Adult participation required. Price includes all materials.

4 Forty-five minute sessions

92083 Norbeck PC Lunking 9/26 9:30am

Time Out for Twos

Ages 24-36 months: Look who's turned two and ready to have a wonderful time with music, crafts, finger plays and more! Activities are teacher directed. Please bring a smock for your child. \$10 materials fee due to instructor. Adult participation required.

8 Forty	\$52				
92084	Leland CC	Ms Cathy	9/29	M	9:30am
92085	Leland CC	Ms Cathy	9/29	M	10:30am
92086	Leland CC	Ms Cathy	9/30	Tu	9:30am

Busy Bees

Ages 21/2-4: Bee there and enjoy a wonderful, fun filled hour of creative movement, songs and crafts. Buzz in with a sibling, friend or fly solo and make joyful noises and monstrous messes. Adult participation required. \$10 material fee due to instructor.

8 One I	nour sessions				\$70
91979	Leland CC	Ms Cathy	9/29	M	11:30am
91978	Leland CC	Ms Cathy	9/30	Tu	10:30am

Lion King Workshop

Ages 3-5: Calling all cubs...come join the pride for a roaring good time! "Mane" attractions include creating different animals of the jungle, dancing and moving to music, and making up our own story! \$15 material fee due to instructor. Adult participation required

	five minute session				\$68
92068	Potomac CC	Ms Sharon	9/23	Tu	1:00pm

Tiny Hands Chefs

Ages 31/2-6: "One Bite Won't Hurt You!" Tiny hands love to cook! Make quick and easy recipes kids will love to prepare and eat. Bring your picky eater and come join the fun! \$22 material fee

due to instructor. Adult participation required.	
5 Forty-five minute sessions	\$3
Session I	

92087	Potomac CC	Tiny Hands	9/15	M	1:00pm
92971	Potomac CC	Tiny Hands	9/15	M	2:00pm
92089	Longwood CC	Tiny Hands	9/16	Tu	10:15am
92974	Longwood CC	Tiny Hands	9/16	Tu	1:00pm
92976	Longwood CC	Tiny Hands	9/16	Tu	2:00pm
Session	II	-			
92970	Potomac CC	Tiny Hands	11/3	M	1:00pm
92972	Potomac CC	Tiny Hands	11/3	M	2:00pm
92973	Longwood CC	Tiny Hands	10/28	Tu	10:15am
92975	Longwood CC	Tiny Hands	10/28	Tu	1:00pm
92977	Longwood CC	Tiny Hands	10/28	Tu	2:00pm

Family Chefs

Ages 4-15: "One Bite Won't Hurt You!" Cooking facts and fun based on successful Tiny Hands Chefs classes. Simple ingredients are combined to create mouth watering dishes that everyone will love! Come create, consume and of course, clean up; makes food preparation a "family affair." Parent participation required. \$30 family cooking fee due to instructor. Price is per child.

	5 One hour sessions						
93636	Longwood CC	Dion	9/23	Tu	4:00pm		
					_		

Babies Music Morning

Ages 12-24 months: Exposure to music to help infants develop a sense of timing, pitch and language skills through body movements, action songs, floor and lap games and rhymes and lullables. Simple and safe percussion instruments used. \$10 material fee due to instructor. Adult participation required.

10 Forty-five minute sessions								
93329	Longwood CC	Taousakis	9/23	Tu	9:45am			
91975	Tilden Woods PC	Taousakis	9/24	W	9:45am			
91976	Wheaton CC	Taousakis	9/25	Th	10:10am			
93330	Spencerville PC	Taousakis	9/26	F	9:30am			

Tiny Tots Music Morning

Ages 2-5: Develop musical skill while singing and moving to songs, dancing to classical and jazz music and playing simple percussion instruments in an educational setting. A new instrument and theme introduced each week. The curriculum is based on those from music conservatories with fun, enjoyable and wonderful results. Adult participation required. \$10 material fee due to instructor.

CCS Team: 240-777-6870

10 Fort	\$82				
92112	Wheaton Lib	Taousakis	9/22	M	10:15am
92113	Wheaton Lib	Taousakis	9/22	M	11:05am
92117	Longwood CC	Taousakis	9/23	Tu	10:30am
92114	Tilden Woods PC	Taousakis	9/24	W	10:30am
92115	Tilden Woods PC	Taousakis	9/24	W	11:30am
92116	Wheaton CC	Taousakis	9/25	Th	11:00am
92118	Spencerville PC	Taousakis	9/26	F	10:15am

Junior Tots Music

Ages 4-5: Introduction to note reading, note value rhythm, ear training and more! Enhance musical skills while singing and moving to songs, dancing to classical and jazz music and playing simple percussion instruments in an educational setting. The curriculum is based on those from music conservatories with fun, enjoyable and wonderful results. \$10 material fee due to instructor. Adult participation not required.

10 Fort	y-five minute sessi	ons			\$82
93331	Wheaton Lib	Taousakis	9/22	M	12:30pm
93332	Longwood CC	Taousakis	9/24	W	12:30pm
93333	Wheaton CC	Taousakis	9/25	Th	12:30pm

Discovering Music For Infants

Ages 6 months-1 year: A fun, creative, and enjoyable way to expose infants to music. Studies confirm that early exposure can enhance coordination and gross motor skills, inner beat for music, balance and reinforce cognitive learning. Infants, adults and instructors interact in positive and supportive ways. Enjoy singing with percussion instruments, rhymes, rhythmic massage and dancing. Adult participation required. \$20 material fee due to instructor. Please call 301-951-3626 for more information.

10 Forty-five minute sessions								
91984	Camp Seneca PC	Music for Life	9/15	M	9:00am			
91985	Upper County CC	Music for Life	9/18	Th	9:15am			

Discovering Music for Toddlers

Ages 1-3: A fun, creative, and enjoyable way to develop coordination and gross motor skills, an inner beat for music, balance and reinforce cognitive learning. Activities include singing rhyming, moving to different rhythms, playing simple percussion and melodic instruments. Siblings 0-8 months may participate at no charge and are not required to register. After 8 months, siblings must register and pay class fee. On line registration not available for 8-11 months; call 240-777-6870. Adult participation required. \$20 material fee due to instructor. For more information, please call 301-951-3626.

our oo i	701 0020.				
10 Forty	-five minute session	S			\$80
92002	Camp Seneca PC	Music for Life	9/15	M	10:15am
92003	Camp Seneca PC	Music for Life	9/15	M	11:00am
93926	Damascus Lib	Music for Life	9/16	Tu	10:15am
93927	Damascus Lib	Music for Life	9/16	Tu	11:15am
91988	Clara Barton CC	Music for Life	9/16	Tu	10:15am
91989	Clara Barton CC	Music for Life	9/16	Tu	11:15am
91990	Potomac CC	Music for Life	9/16	Tu	5:30pm
91992	Long Branch CC	Music for Life	9/16	Tu	10:15am
91991	Coffield CC	Music for Life	9/17	W	10:00am
92000	Fairland CC	Music for Life	9/17	W	10:15am
92001	Fairland CC	Music for Life	9/17	W	11:00am
91995	Upper County CC	Music for Life	9/18	Th	10:15am
91998	Upper County CC	Music for Life	9/18	Th	11:15am
91999	Norbeck PC	Music for Life	9/18	Th	10:00am
91993	N Chevy Chase PC	Music for Life	9/19	F	10:00am
91994	N Chevy Chase PC	Music for Life	9/19	F	11:00am
91996	Clara Barton CC	Music for Life	9/20	Sa	10:00am
91997	Clara Barton CC	Music for Life	9/20	Sa	11:00am

CCS	Team:	240-777-6870

003	Tourn. 240 77	7 0070					mera.net	monitgon	ici y co	arrey	ma.gov
Evnlo	ring Music				^1 ★	93269	Fairland CC	Funfit	10/28	Tu	9:30am
	5: Discover and exp	loro musical a	enacts ar	nd cond	_	93271	Leland CC	Funfit	10/29	W	9:00am
	rhythm, singing, ear					93272	Potomac CC	Funfit	10/29	W	9:30am
	d motor skills. Childr					93273	Potomac CC	Funfit	10/29	W	10:15am
	instruments as class					93274	Damascus Lib	Funfit	10/29	W	9:30am
	d. \$20 material fee d			'		93275	Damascus Lib	Funfit	10/29	W	10:15am
	y-five minute sessioi				\$115	93276	N Chevy Chase PC	Funfit	10/29	W	9:30am
92004	Potomac CC	Music for Life	9/16	Tu	4:15pm	93277	N Chevy Chase PC	Funfit	10/29	W	10:15am
92006	Bauer Drive CC	Music for Life		W	4:00pm	93270	Plum Gar CC	Funfit	10/30	Th	9:30am
Ma Ta					↑ ★	93278	Quince Orchard PC	Funfit	10/30	Th	9:30am
Me To						93279	Quince Orchard PC	Funfit	10/30	Th	10:15am
	4: Combines exercis					93280	Bauer Drive CC	Funfit	10/30	Th	9:30am
	evelop motor skills,					93281	Bauer Drive CC	Funfit	10/30	Th	10:15am
	articipation required					93282	Clarksburg PC	Funfit	10/30	Th	9:30am
	ild ready for more th Adventures class!	iaii iorty-five fi	iiiiutes t	Ji Tulli:	CHECK OUI	93283	Tilden Woods PC	Funfit	10/30	F	9:30am
	five minute sessions				\$58	93284	Tilden Woods PC	Funfit	10/31	F	10:15am
92071	Coffield CC	Ms Sharon	9/22	N.A	10:30am	93285	Leland CC	Funfit	10/31	F	9:00am
				M							
92074	Potomac CC	Ms Sharon	9/23	Tu	10:00am	93286	Potomac CC	Funfit	10/31	F	9:30am
92072	Leland CC	Ms Sharon	9/24	W	10:45am	93287	Potomac CC	Funfit	10/31	F	10:15am
92073	Potomac CC	Ms Sharon	9/25	Th	11:00am	93288	N Four Corners PC	Funfit	10/31	F	9:30am
Funfit	t® One				↑ ★	93289	N Four Corners PC	Funfit	10/31	F	10:15am
	2: A fun-filled adult/	child high-ene	rav activ	ity clas	s that	93290	Tilden MS	Funfit	11/8	Sa	9:30am
include	s songs, stories, para	chutes, games	. balls. r	nusic. a	and more.	93292	Upper County CC	Funfit	11/8	Sa	10:15am
	os motor skills, coor					93335	Quince Orchard PC	Funfit	11/8	Sa	9:30am
	nforces cognitive dev					Funfi	t® Two				♣
you and	l your child. Adult p	articipation red	quired. (Child m	nust be	Ages 2-					0 2
walking	ı. \$10 material fee dı	ue to instructo	r. Please	call 30	01-975-		five minute sessions				\$45
	r more information.					o i oi ty	Tive illillute sessions	•			945
6 Forty	five minute sessions	6			\$45	Session	I				
Session	ı					92047	Maplewood-Alta Vis	ta PC Funfit	9/15	M	11:00am
92014	Maplewood-Alta Vis	to DC Eunfit	9/15	М	9:30am	92048	Wheaton CC	Funfit	9/15	M	11:00am
92014	•		9/15	M	10:15am	92051	Long Branch CC	Funfit	9/15	M	11:00am
	Maplewood-Alta Vis					92049	Quince Orchard PC	Funfit	9/16	Tu	11:00am
92016	Wheaton CC	Funfit	9/15	M	9:30am	92062	Coffield CC	Funfit	9/16	Tu	10:15am
92017	Wheaton CC	Funfit	9/15	M	10:15am	92063	Fairland CC	Funfit	9/16	Tu	10:15am
92019	Long Branch CC	Funfit	9/15	M	10:15am	92052	Potomac CC	Funfit	9/17	W	11:00am
92018	Quince Orchard PC		9/16	Tu	9:30am	92053	Damascus Lib	Funfit	9/17	W	11:00am
92020	Fairland CC	Funfit	9/16	Tu	9:30am	92054	N Chevy Chase PC	Funfit	9/17	W	11:00am
92042	Coffield CC	Funfit	9/16	Tu	9:30am	92055	Quince Orchard PC	Funfit	9/18	Th	11:00am
92022	Leland CC	Funfit	9/17	W	9:00am	92056	Bauer Drive CC	Funfit	9/18	Th	11:00am
92023	Potomac CC	Funfit	9/17	W	9:30am	92050	Plum Gar CC	Funfit	9/18	Th	11:00am
92024	Potomac CC	Funfit	9/17	W	10:15am	92057	Tilden Woods PC	Funfit	9/19	F	11:00am
92025	Damascus Lib	Funfit	9/17	W	9:30am	92058	Leland CC	Funfit	9/19	F	9:45am
92026	Damascus Lib	Funfit	9/17	W	10:15am	92059	Potomac CC	Funfit	9/19	F	11:00am
92027	N Chevy Chase PC	Funfit	9/17	W	9:30am	92060	N Four Corners PC	Funfit	9/19	F	11:00am
92028	N Chevy Chase PC	Funfit	9/17	W	10:15am		Tilden MS				
92021	Plum Gar CC	Funfit	9/18	Th	9:30am	92061		Funfit	9/20	Sa	10:15am
92029	Quince Orchard PC	Funfit	9/18	Th	9:30am	92064	Upper County CC	Funfit	9/20	Sa	11:00am
92030	Quince Orchard PC	Funfit	9/18	Th	10:15am	93336	Quince Orchard PC	Funfit	9/20	Sa	10:15am
92031	Bauer Drive CC	Funfit	9/18	Th	9:30am	Session	II				
92032	Bauer Drive CC	Funfit	9/18	Th	10:15am	93032	Maplewood-Alta Vis	ta PC Funfit	11/3	M	11:00am
92033	Clarksburg PC	Funfit	9/18	Th	9:30am	93034	Wheaton CC	Funfit	11/3	M	11:00am
92034	Tilden Woods PC	Funfit	9/19	F	9:30am	93042	Long Branch CC	Funfit	11/3	M	11:00am
92035	Tilden Woods PC	Funfit	9/19	F	10:15am	93036	Quince Orchard PC	Funfit	10/28	Tu	11:00am
92036	Leland CC	Funfit	9/19	F	9:00am	93171	Coffield CC	Funfit	10/28	Tu	10:15am
92037	Potomac CC	Funfit	9/19	F	9:30am	93172	Fairland CC	Funfit	10/28	Tu	10:15am
92038	Potomac CC	Funfit	9/19	F	10:15am	93043	Potomac CC	Funfit	10/29	W	11:00am
92039	N Four Corners PC	Funfit	9/19	F	9:30am	93054	Damascus Lib	Funfit	10/29	W	11:00am
92040	N Four Corners PC	Funfit	9/19	F	10:15am	93055	N Chevy Chase PC	Funfit	10/29	W	11:00am
92041	Tilden MS	Funfit	9/20	Sa	9:30am	93040	Plum Gar CC	Funfit	10/27	Th	11:00am
92043	Upper County CC	Funfit	9/20	Sa	10:15am	93071		Funfit	10/30		11:00am
93334	Quince Orchard PC		9/20	Sa	9:30am		Quince Orchard PC			Th	
		i uniill	1120	Ja	7.JUAIII	93072	Bauer Drive CC	Funfit	10/30	Th	11:00am
Session	II					93073	Tilden Woods PC	Funfit	10/31	F	11:00am
93176	Maplewood-Alta Vis		11/3	M	9:30am	93074	Leland CC	Funfit	10/31	F	9:45am
93177	Maplewood-Alta Vis		11/3	M	10:15am	93168	Potomac CC	Funfit	10/31	F	11:00am
93178	Wheaton CC	Funfit	11/3	M	9:30am	93169	N Four Corners PC	Funfit	10/31	F C-	11:00am
93179	Wheaton CC	Funfit	11/3	M	10:15am	93170	Tilden MS	Funfit	11/8	Sa	10:15am
93268		Funfit	11/3	M	10:15am	93173	Upper County CC	Funfit	11/8	Sa	11:00am
/3200	LUTING DE AFTICIT CC	i ui ii ii	11/0								
	Long Branch CC Coffield CC					93337	Quince Orchard PC	Funfit	11/8	Sa	10:15am
93291 93180	Coffield CC Quince Orchard PC	Funfit	10/28 10/28	Tu Tu	9:30am 9:30am	93337	Quince Orchard PC	Funfit	11/8	Sa	10:15am

Funfit® Three

♣

Ages 3-4: A variety of age-appropriate games that require following directions and playing by game rules. Increased skill development, motor skills, and coordination. Further develop socialization, language skills, and cooperative play. Adult participation required for the class, but not necessary for every activity. \$10 material fee due to instructor. Please call 301-975-0099 for more information.

6 Forty-five minute sessions					\$45
Session	I				
92044	Bauer Drive CC	Funfit	9/18	Th	11:45am
92046	Tilden MS	Funfit	9/20	Sa	11:00am
Session	II				
92968	Bauer Drive CC	Funfit	10/30	Th	11:45am
92969	Tilden MS	Funfit	11/8	Sa	11:00am

Family Funfit®

Wee Wanna Be

₼ ★

Ages 18 months-4 years: A fulfilled, high energy activity class that includes games, songs, stories, music, parachute, balls, and more offering the whole family a great work out. Adult participation required. Children must be walking \$10 family material fee due to the instructor. Price is per child.

6 Forty-	five minute sessions				\$45
Session	1				
92007	Potomac CC	Funfit	9/15	M	4:00pm
92010	Fairland CC	Funfit	9/16	Tu	11:00am
92011	Longwood CC	Funfit	9/16	Tu	11:45am
92012	Quince Orchard PC	Funfit	9/16	Tu	10:15am
93174	Leland CC	Funfit	9/17	W	9:45am
92008	Bauer Drive CC	Funfit	9/18	Th	1:15pm
92009	Clarksburg PC	Funfit	9/18	Th	10:15am
93338	Quince Orchard PC	Funfit	9/20	Sa	11:00am
Session	II				
92568	Potomac CC	Funfit	11/3	M	4:00pm
92571	Fairland CC	Funfit	10/28	Tu	11:00am
92572	Longwood CC	Funfit	10/28	Tu	11:45am
92573	Quince Orchard PC	Funfit	10/28	Tu	10:15am
93175	Leland CC	Funfit	10/29	W	9:45am
92569	Bauer Drive CC	Funfit	10/30	Th	1:15pm
92570	Clarksburg PC	Funfit	10/30	Th	10:15am
93339	Quince Orchard PC	Funfit	11/8	Sa	11:00am

Ages 2-5: Which sports players do your kids pretend to be? This innovative sports program builds self-esteem and confidence! Children will receive instruction in sports and agility training through supervised, non-competitive play sessions. Sports change each six weeks and include: Tennis/golf, soccer, football, kickball/t-ball and hockey. Bring one or more of your children, and come for the fun! Each child can participate at his/her own pace. \$20 material fee due to instructor. Adult participation required. Price is per child. Call 301-983-2690 for more info.

12 Forty	y-five minute session	ns			\$96
93410	Leland CC	CTI	9/15	M	9:00am
93411	Leland CC	CTI	9/15	M	9:45am
93412	Longwood CC	CTI	9/15	M	1:30pm
93414	Longwood CC	CTI	9/15	M	11:30am
93469	Leland CC	CTI	9/15	M	10:30am
93471	Leland CC	CTI	9/15	M	11:15am
93472	Longwood CC	CTI	9/15	M	9:30am
93473	Longwood CC	CTI	9/15	M	10:30am
93399	Germantown CC	CTI	9/16	Tu	9:15am
93400	Germantown CC	CTI	9/16	Tu	10:15am
93401	Germantown CC	CTI	9/16	Tu	11:15am
93415	Germantown CC	CTI	9/16	Tu	1:30pm
93416	Germantown CC	CTI	9/16	Tu	3:30pm
93426	Clara Barton CC	CTI	9/17	W	9:30am
93427	Clara Barton CC	CTI	9/17	W	10:30am
93428	Clara Barton CC	CTI	9/17	W	11:30am
93421	Potomac CC	CTI	9/17	W	1:30pm
93423	Upper County CC	CTI	9/17	W	9:15am
93424	Upper County CC	CTI	9/17	W	10:15am
93425	Upper County CC	CTI	9/17	W	11:15am

93402	Potomac CC	CTI	9/18	Th	9:30am
93403	Potomac CC	CTI	9/18	Th	10:30am
93404	Potomac CC	CTI	9/18	Th	11:30am
93413	Potomac CC	CTI	9/18	Th	12:30pm
93418	Potomac CC	CTI	9/18	Th	1:30pm
93405	Bauer Drive CC	CTI	9/19	F	9:15am
93406	Bauer Drive CC	CTI	9/19	F	10:15am
93407	Bauer Drive CC	CTI	9/19	F	11:15am
93419	Bauer Drive CC	CTI	9/19	F	1:15pm
93426	Coffield CC	CTI	9/19	F	9:30am
93427	Coffield CC	CTI	9/19	F	10:30am
93428	Coffield CC	CTI	9/19	F	11:30am
93408	Oakland Terrace El	CTI	9/20	Sa	9:15am
93409	Oakland Terrace El	CTI	9/20	Sa	10:15am
93420	Oakland Terrace El	CTI	9/20	Sa	11:15am
94383	Wayside El	CTI	9/20	Sa	9:15am
94384	Wayside El	CTI	9/20	Sa	10:15am

CCS Team: 240-777-6870

Coach Doug's Sports School

△

Ages 4-7: Join us for this innovative program based on the principals of the highly successful We Wanna Be classes that treat each child as a winner thus building self-esteem and enhancing cooperation. Classes will focus on specific sports for a longer period of time to allow children an opportunity to comfortably develop their interest and abilities. Teamwork is emphasized and each child will receive a t-shirt. Sports change each six weeks and include: soccer, football, hockey and lacrosse. \$20 material fee due to instructor. Call 301-983-2690 for more info.

oun oo i	700 2070 101 111010				
12 Forty	-five minute session	IS			\$119
93375	Longwood CC	CTI	9/15	M	3:30pm
93388	Longwood CC	CTI	9/15	M	2:30pm
93377	Longwood CC	CTI	9/15	M	4:15pm
93376	Germantown CC	CTI	9/16	Tu	3:30pm
93380	Germantown CC	CTI	9/16	Tu	4:15pm
93378	Potomac CC	CTI	9/17	W	3:15pm
93379	Potomac CC	CTI	9/17	W	4:30pm
93397	Potomac CC	CTI	9/17	W	2:30pm
93381	Potomac CC	CTI	9/18	Th	3:30pm
93382	Potomac CC	CTI	9/18	Th	2:30pm
93383	Potomac CC	CTI	9/18	Th	4:30pm
93384	Bauer Drive CC	CTI	9/19	F	3:15pm
93398	Bauer Drive CC	CTI	9/19	F	2:15pm
93385	Bauer Drive CC	CTI	9/19	F	4:15pm
93386	Oakland Terrace El	CTI	9/20	Sa	12:15pm
93387	Oakland Terrace El	CTI	9/20	Sa	1:15pm
94385	Wayside El	CTI	9/20	Sa	11:15am

Wellness for Adults

Ages 18&Up unless otherwise noted in the description. Advertised program lengths include set-up and take-down time. Actual instruction time may be less. Classes cancelled due to inclement weather or facility unavailability are made up when possible by adding on to the end of the session and/or extending remaining class times or making up the class at another location.

Relaxation Massage

♣

Learn the positive effects of massage as a tool in relieving stress and relaxing the body and mind. Includes simple anatomy and Techniques of Swedish massage. Areas of concentration are hands. Feet, head, neck and back. Bring a pillow and blanket to first class.

4 Two h	our sessions				\$75
93492	Potomac CC	Barclay	9/24	W	7:30pm

Massage Institutes

♣

How to Do Back Massage: Learn basic anatomy, massage strokes, contraindications, how the body can benefit from massage and learn to give a great seated back massage! Instructor is a certified Massage Practitioner. All massages are done fully clothed. Bring massage oil or body lotion.

1 Two I	hour session				\$22
93441	Germantown CC	Schwanke	9/29	M	7:00pm

CCS Team: 240-777-6870

How to Do Foot Massage-Basic Reflexology: Learn to give a great foot massage! Learn basic anatomy of the foot, basic massage strokes, contraindications, and how the body can benefit from foot massage. Bring a mat and massage oil, or body lotion.

1 Two hour session

\$22 10/20 93443 Potomac CC Schwanke 7:00pm

Qi Gong: A Different Exercise

Practiced for thousands of years in China for health and longevity, gaining more life energy through exercise. Qi, the life force that flows throughout all living beings, and the five Phoenix sets, opens up energy flow in the meridians by eliminating blockages. Similar to Tai Čhi, but only takes 20 minutes. The class teaches meditative techniques along with movements and theory. Wear loose clothing Booklets given out and tapes available for purchase from instructor.

8 One hour and thirty minute sessions \$80 93494 9/15 Germantown CC Kramer 7:00pm

Continuing: The course is a review of all of the forms taught in

beginning class.

\$54 8 One hour sessions 93495 Norbeck-Muncaster PC Kramer 9/16 Tu 7:00pm

Qi Gong - Master

Dance of the Phoenix & Movements for Back Care: Taught by a Qi Gong Master Instructor. Movements specifically designed to open flow of energy in the back and whole body. Information on the benefits of self massage and acupressure also given.

10 One hour sessions \$100 93496 Leland CC Zhang 9/17 12:30pm

Yin Yang Qi Gong

This Energy Cultivation system of exercise aims at improving health and longevity. Thousands of years old from China, it is a powerful self healing technique consisting of simple daily deep breathing coordinated with slow, flowing movements bringing a relaxed state, confidence, increased energy and enhanced spirit. The goal is to increase Qi (life force energy) thereby achieving a harmonious state. Includes all 4 components; slow movement, self massage, breathing exercises and meditation.

8 One hour sessions \$54 93501 Longwood CC Price 9/23 Tu 7:00pm

Tai Chi, Beginning

An ancient Chinese exercise form practiced by millions for both physical and spiritual development. Benefits the top athlete or someone recovering from injuries or back problems. Tai Chi is a graceful, flowing form benefiting posture, strength and over all vitality. Wear loose clothing. Bring a mat/blanket for floor work. People interested in observing a class prior to registering are welcome.

10 One	hour sessions				\$60
93503	Bauer Drive CC	Ortega	9/15	M	6:00pm
93504	Bauer Drive CC	Bezila	9/15	M	7:00pm
93506	Potomac CC	Stanley	9/16	Tu	7:00pm
93508	Kemp Mill PC	Votaw	9/17	W	7:00pm

Continuing Students Level II:

10 One hour sessions \$60 93511 Bauer Drive CC Bezila 9/15 M 8:00pm 9/17 93515 Kemp Mill PC Votaw W 8:00pm

Tai Chi - Moving Meditation

A gentle health maintenance exercise perfect for both the young and the not so young seniors. The purpose is to promote a balanced and healthy life. Wear comfortable clothing.

10 One hour sessions \$60 Williams 93517 Leland CC 9/15 6:00pm

Continuing: for students who have taken Tai Chi Moving Mediation with Williams. An excellent pre-sleep relaxation technique.

10 One hour sessions \$60 93518 Leland CC Williams 9/17 W 6:00pm

Hatha Yoga

^A ★

Beginning: Physically challenging. Develop agility, balance, muscle tone, endurance and vitality; reduce fatigue and aid in bringing relaxation to the body and mind. Learn new posture's (Asana) each week. All classes taught in a progressive, modular concept to form a sequence for use in daily home practice. Wear non-restrictive clothing and bring a blanket/mat and bare feet to class. Additional \$7 materials fee due to instructor

12 One I	\$126			
93520	Norbeck-Muncaster PC Tyson	9/15	M	6:15pm
93521	Norbeck-Muncaster PC Tyson	9/15	M	8:00pm
93522	Bauer Drive CC Tyson	9/16	Tu	10:00am
93523	Upper County CC Tyson	9/16	Tu	6:15pm
93524	Norbeck-Muncaster PC Tyson	9/18	Th	6:15pm
93525	Norbeck-Muncaster PC Tyson	9/18	Th	8:00pm

Multi Level: For continuing and beginning students as well.

12 One	hour and thirty min	nute sessions			\$126
93532	Upper County CC	Tyson	9/16	Tu	8:00pm
93533	Bauer Drive CC	Tyson	9/20	Sa	12:30pm

Hatha Yoga and Stress Management

Beginner: Postures and exercises to tone, firm and realign body; relaxation visualization and stress management. Bring blanket or mat to class.

13 One hour sessions \$104 93537 Leland CC Cooper 9/12 10:30am

Intermediate/Advanced: Prerequisite: beginner class with Cooper. 13 One hour and fifteen minute sessions \$130 93539 Leland CC 9/12 9:15am Cooper

Yoga Plus

Combines poses to strengthen muscles, joints and skeletal structure, with movements to loosen joints, promote flexibility and create inner space. Body massage balls used for deep body massage and relaxation. Suitable for anyone seeking to restore or maintain a healthy body and mind. A varied and interesting class with a multi-certified yoga professional. Bring blanket and yoga sticky mat (or purchase mat at class for \$25). \$16 material fee for balls due to instructor at class

	hour and thirty mi	inute sessions			\$144
93540	Potomac CC	Wong	9/15	M	7:00pm
93541	Clara Barton CC	Wong	9/13	Sa	9:00am

Body Rolling Workshop

Self Massage with Body Rolling: A new system for toning and deeply massaging the total body. After initial ball purchase, it can be done any place or time without cost. Using a special 7 ball and natural body forces practiced to specific routines the program will stimulate and strengthen muscles, joints and skeletal structure. relieving stiffness and increasing flexibility. Focuses on a different area of the body each week. Bring blanket and yoga sticky mat (or purchase mat at class for \$25). \$16 material fee for balls due to instructor at class.

4 One h	nour and thirty min			\$80	
93547	Clara Barton CC	Wong	9/14	Su	1:00pm
93548	Clara Barton CC	Wong	11/2	Su	1:00pm

Yoga for Pregnancy

Expectant Moms are turning to yoga for more than exercise, stretching and stress relief. It offers benefits for the birthing process strengthening muscles and mind to ease delivery. Teaches traditional yoga postures aided by a small ball that provides a deeply penetrating and relaxing massage to relieve lower back tension and increase hip and pelvic flexibility. Certified instructor. Bring a mat to class (or purchase mat in class \$22). \$16 ball fee is due to instructor at class.

6 One hour and thirty minute sessions					\$84
93543	Clara Barton CC	Wong	9/13	Sa	10:45am
93544	Clara Barton CC	Wong	11/1	Sa	10:45am
93545	Germantown CC	Wong	9/13	Sa	10:00am

Yoga with Strength Training



10 One hour sessions \$70 93549 Potomac CC Hobbins 9/15 M 10:00am

Vini Yoga

Mixed levels. Relaxation techniques and easy going dynamic movement coordinated with simple rhythmic breathing. Increase energy, stamina, muscle strength and flexibility and learn to release tension. Introduction to meditation.

12 One hour and fifteen minute sessions					\$105
93553	Leland CC	Martin	9/16	Tu	6:30pm
93552	Leland CC	Martin	9/17	W	9:30am
11 One	hour and fifte	en minute sessions			\$97
93550	Potomac CC	Miller	9/25	Th	9:15am
93551	Potomac CC	Miller	9/25	Th	6:30pm

Intermediate: Previous yoga experience required. More emphasis on sequences, breathing, & meditation.

11 One hour and fifteen minute sessions					\$97
93556	Potomac CC	Miller	9/29	M	6:30pm

Vini Easy Going Yoga

Seniors and All Others: Relaxation techniques and easy going movements coordinated with simple rhythmic breathing. Increase energy, stamina, muscle strength flexibility; release tension. Introduces meditation.

12 One hour and fifteen minute sessions					\$105
93555	Leland CC	Martin	9/17	W	10:45am
11 One hour and fifteen minute sessions					\$97
93554	Potomac CC	Miller	9/25	Th	10:45am

Xciting Xtras

All advertised program lengths include set-up and take-down time. Actual instruction time may be less.

Cooking for Youth

Family Chefs

Ages 4-15: "One bite won't hurt you!" Cooking facts and fun based on the successful Tiny Hands Chefs classes. Tired of microwave fast foods? Simple ingredients are combined to create mouth watering dishes that everyone will love! Come create, consume and of course, clean up in this exciting class that makes food preparation a "family affair." Parent participation required. \$30 family cooking fee due to instructor. Price is per child.

 5 One-hour sessions
 \$43

 93636 Longwood CC
 Dion
 9/23
 Tu
 4:00pm

Specialty Cooking Workshops

Be Your Own Personal Chef!

Ages 18&Up: Learn the secrets of "fix ahead food". You will cook with the experts and learn how to prepare 2 weeks of meals at one time. See how to schedule every-other Saturday cooking day, shop, cook, package, label, and store a 2 week supply of really good food for your family. A heavy emphasis will be placed on organization, food safety, and safe food storage. Take home recipes for 2 weeks worth of meals including side dishes. A \$12 food fee is due to the instructor at the beginning of class. A full participation class, bring your appetite, as each class eats what they fix!

1 Four-hour session					\$60
90866	Ross Boddy CC	Davis	10/11	Sa	10:30am
93509	Ross Boddy CC	Davis	11/8	Sa	10:30am

Basic Cooking Skills

Ages 18&Up: A participation class where you learn to cook by doing. Learn basic knife skills, how to read and follow a recipe and how to buy good kitchen equipment including pots, pans and knives. Cooking basics will be covered including how to sauté, sweat, roast and blanch. You will prepare and eat a full menu dinner. Take home recipes. \$12 food fee due to the instructor.

CCS Team: 240-777-6870

1 Three hour session \$45 93498 Ross Boddy CC Davis 9/13 Sa 11:00am

Intermediate Cooking Skills

Ages 18&Up: A participation class with an emphasis on improving your Cooking skills! We'll stuff and tie a flank steak; make an appropriate pan sauce; a seasonal vegetable, and finish with a special dessert. We eat what we fix! Take home recipes. \$12 food fee due to instructor at the beginning of class.

 1 Three-hour session
 \$45

 90871 Ross Boddy CC
 Davis
 10/13 M
 7:00pm

Knife Skills

₼ 🖈

Ages 18&Up: A full participation class. You may use our knives, bring your own or buy them from a selection we have available. You will learn how to purchase a knife, how to care for them, how to hone and sharpen them and more importantly, how to use them safely and properly. We will prepare lunch, so bring an appetite. \$12 food fee due to the instructor.

1 Three hour session\$4593500 Ross Boddy CCDavis9/27Sa11:00am

Just Seafood!

Ages 18&Up: We will prepare the freshest fish available at least 3 different ways: poaching, sautéed and baked. Variety will depend on availability...no shell fish in this class. We'll also prepare some special side dishes to accompany our results. Take home recipes. \$12 food fee due to the instructor.

1 Two hour and thirty minute session \$45 93519 Ross Boddy CC Davis 10/28 Tu 7:00pm

Baked Tilapia in Parchment

Servings: 2

2 fish filets

2 sheets vegetable parchment paper Olive oil Salt & pepper

4 to 5 sun-dried tomatoes

2 teaspoons garlic and/or scallions

Fresh ginger, optional

Preheat oven to 425 F. Put the dried tomatoes in very hot water. Wash the fillets off and put aside. Fold a piece of parchment paper in half and place open on the counter top. Spread a little oil (1-2 teaspoons) on one side, near the crease, in a spot big enough to cover the fish. Place one fillet on this spot of olive oil.

Finely chop scallions and put 1 tablespoon on the fish (and/or finely chopped garlic). Coarsely chop the tomatoes and put about 2 tomatoes on the fillet. Sprinkle with salt and pepper. Optional: If you have some ginger, chop it up and sprinkle about ½ teaspoon on the fillet.

Fold the parchment up and around the fish, crimping along the edge. Place on cookie sheet when done. Repeat for other fillet/s.

Place in oven for about 10-12 minutes, or until the parchment is golden brown. When you open them up, remember, they've been steaming inside, so watch your hands.

Courtesy of American Tilapia Association



CCS Team: 240-777-6870

Appetizers and Hors d'hourves

Ages 18&Up: A hands on class that will include hot and cold easy hors d'oeuvres, canapés, and appetizers. How to plan for and garnish attractive presentations, dress the table and present party style. A variety will be prepared. Bring an appetite because we eat what we fix. A \$12 food fee is due to the instructor.

1 Three-hour session\$4590858Ross Boddy CCDavis12/6Sa11:00am

The Dinner Party

Ages 18&Up: Learn to plan and prepare a fine dinner party at home. We'll decide what can be fixed ahead of time, and how to put it all together so you can enjoy your own party. We will prepare a vegetable crutdite appetizer with dip, an entrée of coq a van with traditional garnishes and a special dessert. We eat what we fix, so come prepared for dinner! Take home recipes. \$12 food fee is due to the instructor.

1 Two-hour and thirty minute session93510 Ross Boddy CC Davis 10/14 Tu 7:00pm

Grilling and Smoking

Ages 18&Up: One of our most popular classes now includes smoking as well as grilling. We'll grill and smoke all of the favorites, including seafood and ribs using both charcoal and gas grills. Special grilled fruit for dessert. Bring an appetite because we eat what we fix! Take home recipes. \$12 food fee due to the instructor.

 1 Three-hour session
 \$45

 93516 Ross Boddy CC
 Davis
 10/25 S
 11:00am

Desserts Only II

Ages 18&Up: A whole evening of desserts. We'll do an American Pie Crust for a fruit pie and a cream pie; lemon bars, brownies from scratch, caramel sauce and decorating ideas. Bring an appetite, we eat what we fix! \$12 food fee due to instructor.

1 Three-hour session \$45 93502 Ross Boddy CC Davis/Conley/Davis 9/30 Tu 7:00pm

^A ★

Holiday Gifts from the Kitchen

Ages 18&Up: Back by popular demand. We'll show you how to prepare attractive food oriented gifts for Holiday Gift giving. Includes Cookies, maybe a salsa or two, and a couple of other ideas to help fill out your holiday gift list. Plenty to eat so bring an appetite and come ready to have a good time! Take home recipes. \$12 food fee is due to instructor at class.

1 Four-hour session \$45 90870 Ross Boddy CC Davis 11/15 Sa 11:00am The Holiday Dinner ★

Ages 18&Up: Learn to plan and prepare a fine holiday dinner at home. We'll decide what can be fixed ahead of time and how to put it all together so you can enjoy this very special meal with your guests. We'll prepare a first course soup, leg of lamb and vegetables and a memorable dessert. We eat what we fix so come prepared for dinner. Take home recipes. \$12 food fee due to the instructor.

1 Two hour and thirty minute session\$4593527 Ross Boddy CC Davis11/11 Tu7:00pm

Drama

Acting 101

Ages 9-11 (Grades 4-6): Introduces and develops a variety of theatre skills. Work on movement, voice, improvisation and basic technical stage skills. Theatre games, stories, poems, music and situation are utilized to foster imagination and develop creativity.

8 One hour and thirty minute sessions \$90 91445 Potomac CC McManus 10/1 W 4:00pm

Music

Beginning Keyboard & Music Theory

Ages 16&Up: Quickly learn to make a full, impressive sound. Designed to get people playing their keyboards using easy play music in a timely fashion and to establish a basic understanding of the principles of music. Participants must bring their own keyboard.

10 One-hour sessions \$88 93637 Germantown CC Schenker 9/20 Sa 1:00pm

Highland Bagpipes

Ages 18&Up Introduction: Bagpipes make beautiful music! Learn how to play them without owning a set of pipes. The scale, musical executions and tunes are covered on a practice chanter, as well as the history of this ancient instrument. Participants must purchase a practice chanter from instructor. Cost is approximately \$30.

4 Two-hour sessions \$55 90843 Fairland CC Seplaki 9/17 W 7:00pm

Contemporary Guitar

Ages 9&Up Beginner: Tune up and start playing your favorite songs without learning how to read music. Learn several songs utilizing strumming, bass strumming and finger picking techniques. \$20 Materials Fee due to the instructor at the first class includes: an instructional songbook, additional song sheets and handouts. Please bring a fully strung guitar (preferably acoustic), electronic tuner and pencil. Questions: Call Brian Gross at 301-320-6999.

8 One-hour and fifteen minute sessions 90839 Tilden MS Gross 9/23 Tu 7:00pm

Beginner II/Intermediate:

94284 Tilden MS Gross 9/23 Tu 8:15pm

Great Symphonies & Concertos

Ages 18&Up: Your musical host will lead you from the origin of the orchestra through the concerto gross, symphony and more, in this entertaining and enlightening program. Explore, understand and enjoy the styles of the great composers like Vivaldi, Bach, Haydn, Mozart, Beethoven and others.

6 One-hour sessions\$3590841 Clara Barton CCHefner9/20Sa1:00pm

Great Symphonies and Concertos II

Ages 18&Up Continuation: Explore twists and turns of orchestral form and style during the 19th century Romantic period. Enjoy the wondrous music of Beethoven, Schubert, Berlioz, Liszt, Brahms, Debussy and others. Note: New students are always accepted.

6 One-hour sessions \$35 90842 Clara Barton CC Hefner 9/20 Sa 2:00pm Voice ★

Ages 12&Up Level I Beginner: Fundamentals of singing taught with emphasis on breathing, range extension, pitch support and interpretation Attention to voice placement and singing without street.

6 One-hour sessions\$3590844 Tilden MS Leadbetter-Hines10/8 W7:30pm

Voice Level II

Level II: Prorequisite: Level I with Leadhatte

Level II: Prerequisite: Level I with Leadbetter-Hines. Last class will be a recital with date, time and location TBA.

7 One-hour sessions \$40 90845 Tilden MS Leadbetter-Hines 10/8 W 8:30pm

Personal Development

Etiquette-Dining Skills For Adults

Ages 16&Up: Everything you wanted to know about table manners. Topics include silverware savvy, American and Continental eating styles, hosting/guest duties and many other do's and don'ts. \$10 materials fee due to instructor at class. Teens may register with attending adult.

2 Two-hour sessions \$45 91447 Potomac CC Sauer 9/15 M 7:00pm

Etiquette- Dining Skills For Youth

Ages 8-12: Table manners can be learned: exposure and education are the building blocks. Includes hosting/guest duties, silverware, difficult to eat and fast food manners. Participants will take home work-book, place mat and certificate. \$10 materials fee due to instructor at class.

2 Two-hour sessions91450 Potomac CC Sauer 9/29 M 7:00pm

Etiquette- Modern Manners



Ages 5-7: An activity-oriented approach designed to foster children's growth through effective age-appropriate, self-esteem building exercises. The ABC'S of meeting, greeting and saying good-bye, little things we say and 1,2,3 let's eat! Take-home handouts reinforce and develop positive attitudes toward applying good manners.

4 One-hour sessions \$45 91446 Potomac CC Sauer 9/15 5:30pm

Children's Modeling

Stresses posture, walk, pose, grooming and improving by doing. Designed for girls only. Instructor, Katherine Mizell, is the originator and director of the Modeling Moppets. Enrollment limited.

8 One-h	nour sessions			\$45
93638	Norbeck-Muncaster PC Ages 4-6	9/20	Sa	9:00am
93639	Norbeck-Muncaster PC Ages 7-9	9/20	Sa	10:00am
93640	Norbeck-Muncaster PC Ages 10-12	9/20	Sa	11:00am

Modeling & Fashion for Teens



Ages 13-18: Professional instruction in modeling techniques, wardrobe, haircare, skin care, hand, nail care, etc. Make-up

aemons	strated and discussed.			
8 One-l	nour sessions			\$45
93641	Bauer Drive CC	9/17	W	6:30pm

Glamour Workshop

Ages 16&Up: Learn skin care and basic and advanced make-up techniques. Session I, how to care for facial skin, prepare face for make-up and create desired illusion to enhance assets with selected colors. Session II, covers make-up color coordination and advanced application techniques. Wear favorite color ro class. Before and after photos included. \$4 materials fee due to the instructor.

8 One-hour sessions					\$45
93729	Bauer Drive CC	Holmes	11/15	Sa	11:00am

Dog Obedience When deemed necessary by instructor, dogs may be assigned to a class better suited to their level of performance or owner may be

2 Six-hour sessions

Make-up Magic

Ages 16&Up: Prepare your face and properly apply glamour to enhance some assets and minimize others. Achieve an attractive appearance by creating a desired illusion. Includes basic skin care tips, and before and after photos. Instructor is a licensed Esthetician. \$2.50 materials fee due to instructor.

1 Two l	nour session				\$21
93642	Potomac CC	Holmes	10/4	Sa	11:00am

Puppy Kindergarten

current. Prong collars are not permitted

dents per boat plus instructor.

2 Six-hour sessions

90849

90850

90851

90852

90853

90854

90855

90856



\$180

9:30am

9:30am

9:30am

9:30am

9:30am

\$220

9:30am

9:30am

9:30am

Sa,Su

Sa,Su

Sa,Su

Sa,Su

Sa,Su

Sa,Su

Sa,Su

Sa,Su

Ages: Trainers 12&Up/Puppies 2-5 months: Prevent problems before they start. The puppy will explore and be trained to adjust to new sights, sounds, people, and dogs. Instruction in housebreaking, lead breaking and general discipline of puppy. Questions: Call Wortley Ganoe at 301-946-5645.

asked to remove dogs from program. All pet vaccinations must be

CCS Team: 240-777-6870

an additional free hour of boat rental is available from the

Washington Sailing Marina. Food, shower and changing facilities

are available. Dress appropriate for weather, we meet rain or shine,

and wear rubber-soled shoes. Hats, sunglasses, and drinking water

recommended. Optional Red Cross sailing text available at first

Adult Basic/Advanced Basic: On board Flying Scots, one of the

finest 19' day-sailors available. For beginners and/or those who

Washington Sailing Marina Vashaw 9/20

Washington Sailing Marina Vashaw 9/27

Washington Sailing Marina Vashaw 10/4

Washington Sailing Marina Vashaw 10/11

Washington Sailing Marina Vashaw 10/18

Ages 18&Up: Experienced day sailors ready for something a little

bit bigger on board a 25' Catalina. Covers basic keelboat day sail-

ing and cruising, including: preparation to sail, crew operations

and skills, sailing theory, leaving dock and mooring, boat control in confined waters, navigation rules-inland, heavy weather sailing,

overboard recovery methods, Safety and emergency procedures.

Washington Sailing Marina Vashaw 9/6

Washington Sailing Marina Vashaw 10/25

Washington Sailing Marina Vashaw 11/1

Adult Basic Keelboat Weekend

Limited to four students per one instructor.

have been out, but really need to learn to sail this time. Four stu-

6 One hour sessions \$38 93249 MCRD Offices Ganoe 9/6 Sa 9:30am Basic Obedience

Ages: Trainer 10&Up/Dogs 5 months&Up: Training lead and collar

required. Teach your dog to heel on a loose lead and come when

called. Sit, down, stand and stay positions taught. Help with individual behavior problems. \$5 material fee due at Ms. Luecke's

9/7

9/7

9/6

9/11

9/11

Su

Su

Sa

Th

classes only. Questions: Call Wortley Ganoe at 301-946-5645 or

Luecke

Luecke

Ganoe

Luecke

Luecke

Water Sports Maryland Boating Basics

Ages 16&Up: This boating safety course is approved by Maryland Natural Resources Police and a certificate will be issued upon course completion. Covers types of boats and motors, legal requirements for boat ownership, navigation rules, boat operation, accidents and other topics. A mandatory requirement for boat operation license.

2 Four-h	nour sessions				\$20
92722	Kensington Pkwd FS	Sullivan	9/23	Tu	6:00pm

Beginning Fly Tying

Ages 12&Up: Learn the art of fly tying. A discussion of tools and materials needed to get started and introduction to basic techniques for tying streamers, nymphs, wet and dry flies. \$10 material fee due to the instructor covers all tools and materials.

2 Three-	hour sessions				\$50
93459	Capital View-Homewood PC	Turenne	9/16	Tu	7:00pm

Germantown CC Intermediate Obedience

Beverly Luecke at 301-831-9390.

Bauer Drive CC

Bauer Drive CC

MCRD Offices

Germantown CC

6 One hour sessions

93245

93246

93247

93244

93248

7:30pm

\$38

10:00am

11:00am

10:30am

6:30pm

Ages: Trainers 12&Up//Dog 6 months&Up: Prerequisite (a basic course). The goal is to have dogs heeling by voice or hand signals. Questions: Call Wortley Ganoe at 301-946-5654.

6 One hour sessions					\$38
93255	MCRD Offices	Ganoe	9/6	Sa	11:30am

Sailing

Adult Basic/Advanced Basic Weekend

Ages 18&Up: Hands-on classes with US Sailing Certified instructors. Majority of time is Spent Sailing with US Sailing Certified instructors. Class fee covers boat rental, equipment use, life jacket, plus, free Supervised practice in the class boat during designated weekends. US Sailing completion booklets are given for Successful completion of each course which, for an additional fee, can then be mailed to US Sailing for membership. Also, during the Season,

Intermediate Obedience Trick

Ages: Trainer 10&Up/Dog 6 months&Up: Prerequisite-a basic course. The goal is to have dogs heeling by voice or hand signals and teach a number of tricks. Questions: Call Beverly Luecke at 301-831-9390. \$5 material fee due to instructor at class.

6 One i	6 One nour sessions							
93253	Bauer Drive CC	Luecke	9/7	Su	12:00pm			

CCS Team: 240-777-6870

Table Games

Mah Jongg

Ages 16&Up: Learn how to play Mah Jongg according to National Mah Jongg League (NMJL) rules. Detailed explaination of NMJL card, various suits, and supervised play to perfect knowledge. Must purchase NMJL card before first class. Must purchase NMJL card before first class from the Nat. Mah Jongg League 212-246-3052, Abe's Book Store 301-942-2237 or Lisbon's 301-933-1800.

6 Two hour sessions\$3092745Holiday Park Sr CBarr9/16Tu10:00am

Bridge: Beginners-Part 1

Ages 18&Up: For absolute beginners, a new and fun way to learn bridge. The focus is on playing as soon as possible. The more hands you play, the faster you will learn. Come prepared to have lots of fun. \$15 material fee due to instructor at class. Questions: Call Leslie Shafer at 301-593-6828 or email slamhand@erols.com.

8 Two hour sessions\$6893538 Fairland CCShafer9/15 M7:30pm93497 Leland CCShafer9/17 W7:30pm

Bridge I Club Series (Bidding)

Ages 18&Up: Fundamentals of contract bridge, including point count, opening bids, responses, re-bids, overcalls, leads, and basic play of the hand. \$15 material fee due to instructor at class. Questions: Call Jack Moss at 301-438-0188 or email jlmoss@erols.com.

8 Two hour sessions \$68 93470 Leland CC Moss 9/30 Tu 10:00am

Bridge II Diamond Series (Play of Hand)

Ages 18&Up: Prerequisite: Basic 1 or working knowledge of bridge basics. Improve bidding and play of the hand through lecture and supervised play. \$15 material fee due to instructor at class. Questions: Jack Moss at 301-438-0188 or email jlmoss@erols.com.

 8 Two hour sessions
 \$68

 93461 Potomac CC
 Moss
 10/1
 W 10:00am

Bridge III Heart Series (Defense)

Ages 18&Up: Prerequisite: Working knowledge of basic bidding and play of the hand or Club and Diamond Series. You defend at least half the time. It's most rewarding when you have a plan and tools to help. Empahasis on partnership signals and other aids. \$15 material fee due to instructor at class.

8 Two hour sessions \$68 93489 Clara Barton CC Friend 9/17 W 3:30pm

Bridge: Polishing Your Basics Part 2 Plus → ★

Ages 18&Up: Prerequisite-Part 1 or a working knowlege of bridge. The course will help with bidding problems as well as play of the hand. Know what your partner is telling you as well a concentrating on bidding later in the auction. Learn new bidding systems such as transfer bids, weak 2 bids and the strong 2 club bid. Not for beginners. \$15.00 material fee due to instructor at class. Questions: Call Jack Moss at 301-438-0188 or email jlmoss@erols.com.

 8 Two hour sessions
 \$68

 93476
 Leland CC
 Moss
 9/30
 Tu
 7:30pm



Bridge: Beginner Conventions

↑

Ages 18&Up: If you have a basic knowledge of bidding and play techniques, then it's time for you to begin learning the basic conventions. We will focus on Stayman, Transfers, Blackwood, Negative Doubles, Weak 2's, and the Strong Two Club Opener for monster opening hands. This particular class is designed to let you play many hands each week that will reinforcd each lesson. \$15 material fee due to instructor at class. Questions: Call Leslie Shafer at 301-593-6828 or email slamhand@erols.com.

 8 Two hour sessions
 \$68

 93493 Potomac CC
 Shafer
 9/15
 M
 10:00am

Bridge: Bidding Improving Your Judgment

Ages 18&Up: Brush up on your bidding skills! Here's an excellent class that focuses on opening bids from weak to strong. Audrey Grant's new series on "Improving Your Judgement" will be utilized. I'll show you how moving just one card can change the entire auction! Some knowledge of bridge required. \$10 material fee due to instructor at first class. Questions: Call Leslie Shafer at 301-593-6828 or email slamhand@erols.com.

 8 Two hour sessions
 \$68

 93542 Fairland CC
 Shafer
 9/17
 W
 10:00am

Bridge: Introduction to Signaling

Ages 18&Up: Learn the basics of defensive signaling. If you could tell what was in your partner's hand, you would be a very indemand player. The object of the game is to see through the backs of the cards, right? Your name does not have to be Clark Kent to visualize your partner's bridge hand. \$15.00 material fee due to instructor at class. Questions: Call Leslie Shafer at 301-593-6828 or email slamhand@erols.com.

8 Two hour sessions \$68 93499 Potomac CC Shafer 9/16 Tu 7:30pm

Ages 18&Up: Do you frequently let your opponents play at the one or two level? Sounds like you have happy opponents. Let's fix that. Learn how to balance the auction in your favor. Questions: Call

Leslie Shafer at 301-593-6828 or emáil slamhand@erols.com.

1 Three hour sessions \$20
93529 Potomac CC Shafer 9/7 Su 2:00pm

Bridge Institute: Strong Bidding Sequence

Ages 18&Up: When an opener has a big hand, there are only two ways he can force his partner to bid again. Learn the ins and outs of reverses and jump shifts. These two bids will allow you to find better games and even slams. Questions: Call Leslie Shafer at 301-593-6828 or email slamhand@erols.com.

1 Three hour sessions \$20 93534 Potomac CC Shafer 9/28 Su 2:00pm

Bridge Institute: Signaling Suit Preference

Ages 18&Up: Scenario. Partner just gave you a club ruff. Which suit do you play back to him so he can give you another ruff? Partner can signal ways to get back to him. This is a very exciting workshop. Your opponents do not want you to take this class. Questions: Call Leslie Safer at 301-593-6828 or email slamhand@erols.com.

1 Three hour sessions\$2093526Potomac CCShafer10/12Su2:00pm

Bridge Institute: Weak Freak

Ages 18&Up: This is one of the most exciting bids you will lever learn. It frustrates the opponents and exhilarates your partner! With lots of trumps and good distribution, we don't need no stinkin' points to raise our partner. Questions: Call Leslie Shafer at 301-593-6828 or email slamhand@erols.com.

1 Three hour sessions \$20 93528 Potomac CC Shafer 11/23 Su 2:00pm

^A ★

Department of Park and Planning

M-NCPPC's Dept. of Park & Planning oversees 28,000 acres of parkland in Montgomery County. Admission to parks is free, but some programs require advance registration and a fee.

Call 301-495-2503 for general park information, or check the Web at www.mc-mncppc.org. For details about facilities and programs accessible to persons with disabilities, call the facility or TDD 301-495-1331.

ICE SKATING

Wheaton Ice Arena 11751 Orebaugh Ave. Wheaton 301-649-2250 (recording) 301-649-3640

Cabin John Ice Rink 10610 Westlake Dr. Rockville 301-365-0585 (recording) 301-365-2246

Both fabulous indoor, year 'round facilities have teamchanging rooms, party/meeting rooms, bleachers, big pro shops and snack bars. Wheaton Ice Arena has a regulation NHL ice surface. The Cabin John Ice Rink has studio, NHL and Olympic-size sheets. Fall season begins September 1 at Cabin John, September 3 at Wheaton.

SPLASH PLAYGROUND AND MINIATURE GOLF

A totally unique splash playground and two beautiful championship miniature golf courses in Central Park at South Germantown Recreational Park are ready for you! The golf courses are beautifully landscaped and will test your skills unlike any other golf course. Next door, the splash playground sports waterfalls, a rain tree, a water tunnel, and a 36' water maze for the ultimate in water play. Fully accessible. These new facilities are the talk of the county! They join the adventure playground, picnic areas, soccer fields and the Discovery Sports Arena. Visit www.mc-mncppc.org or www.mdsoccerplex.org. Splash playground open through Labor Day. Miniature golf open after Labor Day on reduced hours. Call for information.

South Germantown Recreational Park

14501 Schaeffer Road, Boyds, MD 20841 301-601-3580 (recording) 301-601-3581 (golf) 301-601-3582 (splash playground)

NATURE CENTERS

Black Hill Visitor Center Black Hill Regional Park 20926 Lake Ridge Dr. **Boyds** 301-972-3476

Brookside Nature Center Wheaton Regional Park 1400 Glenallan Ave. Wheaton 301-946-9071

Cabin John Regional Park 7777 Democracy Blvd. Bethesda 301-299-1990

Locust Grove Nature Center Meadowside Nature Center Rock Creek Regional Park 5100 Meadowside La. Rockville 301-924-4141

Hikes, bird watching, field trips, hands-on exploration, storytelling and more are part of tradition at the nature centers. All ages, individuals or groups. Programs vary by each center; some are free. Reservations required.

INDOOR TENNIS

Wheaton Regional Park Orebaugh & Arcola Ave. Wheaton 301-649-4049

Cabin John Regional Park Wheaton Indoor Tennis Ctr. Cabin John Indoor Tennis Ctr. 7801 Democracy Blvd. Bethesda 301-365-2440

Northwest Park Golf Course

Spot time and seasonal play available; lessons for all ages on six courts. Winter season begins September 5.

COOL GOLF

Little Bennett Golf Course 25900 Prescott Rd. Clarksburg 301-253-1515 or 800-366-2012

301-598-6100 Sligo Golf Course 9701 Sligo Creek Pkwy. Silver Spring

301-585-6006

Silver Spring

15711 Layhill Rd.

Needwood Golf Course 6724 Needwood Rd. Derwood 301-948-1075

White Oak Golf Course 10911 New Hampshire Ave., Silver Spring 301-593-6910

Golf year 'round at beautiful, affordable links. Equipment rentals, snack bars (except White Oak), pro shops. Some offer group/private lessons. Call for reservations and other details. Courses may close during inclement weather.

FALL BOATING

Black Hill Regional Park Little Seneca Lake 20930 Lake Ridge Dr. **Boyds** 301-972-9396

Rock Creek Regional Park Lake Needwood 15700 Needwood Lake Cir. Rockville 301-762-9500 (recording)

Rent boats/canoes weekends only beginning Labor Day, 6:30am-6pm. Pontoon rides on limited schedule at both lakes. Private launching with permit until Dec 15. Daily/seasonal permits for private launching available. Call for details.

FALL CAMPING

Little Bennett Campground

23701 Frederick Road, Clarksburg

301-972-9222

Camp seven days a week through Oct; weekends Nov-Feb. Sites have tent pad, picnic table and metal fire grill; some have electricity for RVs. Convenient comfort stations with showers. Many activities. Call for reservations and details.

CONFERENCE CENTERS/MEETING PLACES

The rustic Lodge at Little Seneca Creek (Boyds) has oak floors, stone fireplace. Rockwood Manor (Potomac) is an elegant country home with overnight lodging available. Woodlawn Manor House (Sandy Spring) is an historic Georgian-style mansion. These are lovely settings for corporate meetings, shows, exhibits, concerts, reunions, weddings and parties. For details and reservations, call 301-299-5026. Brookside Gardens, 1800 Glenallan Ave., Wheaton, also has meeting places and conservatories for receptions, parties, seminars and conferences. 301-949-8230.



Finance: 240-777-6840/240-777-6857 (FAX)

Internet Registration You're only a few clicks away!

You need access to the internet and your Customer Number and Account PIN (Personal Identification Number).

Forgot your account information? Call us at 240-777-6840

If you don't have an account, it's easy to set one up. Go to montgomerycountymd.gov and select the 'Culture & Leisure' tab. Click on 'RecWeb Registration.' Click on the 'Create Account' link and complete the new account form. An account will be created and we will send you an email with your account information needed to logon to RecWeb.

All registrations and all debts owed on your account must be paid for in full at the time of registration.



For more information about RecWeb or STARline, call us at 240-777-6840. We'll be happy to answer any questions you may have.

Facility Locations

ELEMENTARY SCHOOLS (ES)

Bannockburn-6520 Dalroy Ln, Bethesda Barnsley-14516 Nadine Dr, Rockville Bells Mill-8225 Bells Mill Rd, Potomac Bethesda-7600 Arlington Rd, Bethesda Beverly Farms-8501 Post Oak Rd, Rockville Bradley Hills-8701 Hartsdale Ave, Bethesda Brooke Grove-2700 Spartan Rd, Olney Cashell-17101 Cashell Rd, Rockville Cloverly-800 Briggs Chaney Rd, Silver Spring

Damascus-10201 Bethesda Church Rd, Damascus

Dennis Ave-2000 Dennis Ave, Wheaton DuFief-15001 DuFief Dr, Gaithersburg Fairland-14315 Fairdale Rd, Sllver Spring Farmland-7000 Old Gate Rd, Rockville Garrett Park-4810 Oxford Street Park Georgian Forest-3100 Regina Dr, Silver Spring

Germantown-19110 Liberty Mill Rd, Germantown

Glenallan-12520 Heurich Rd, Silver Spring Goshen-8701 Warfield Rd, Gaithersburg Jones Lane-15110 Jones Ln, Darnestown Kemp Mill-411 Sisson St, Silver Spring Kensington Parkwood-710 Saul Rd, Kensington

Matsunaga-13902 Bromfield Rd, Germantown

Christa McAuliffe-12500 Wisteria Dr, Germantown

Oakland Terrace-2720 Plyers Mill Rd, Silver Spring

Olney-3401 Queen Mary Dr, Olney Poolesville-19565 Fisher Ave, Poolesville Potomac-10311 River Rd, Potomac Resnik-7301 Hadley Farms Dr, Gaithersburg Sally Ride-21301 Seneca Crossing Dr, Germantown

Ritchie Park-1514 Dunster Rd, Rockville Rock Creek Forest-8330 Grubb Rd, Chevy Chase

Rock View-3901 Denfeld Ave, Kensington Rolling Terrace-705 Bayfield St, Takoma Park Rosemary Hills-2111 Porter Rd, Silver Spring

Sequoyah-17301 Bowie Mill Rd, Derwood Seven Locks-9500 Seven Locks Rd, Bethesda

Sherwood-1401 Olney-Sandy Spring Rd, Sandy Spring

Stedwick-10631 Stedwick Rd, Gaithersburg Stone Mill-14323 Stonebridge View Dr, Gaithersburg

Thurgood Marshall-12260 McDonald Chapel Dr, Gaithersburg Wayside-10011 Glen Rd, Potomac Weller Road-3301 Weller Rd, Silver Spring Wood Acres-5800 Cromwell Dr, Bethesda Woodfield-24200 Woodfield Rd, Gaithersburg

SECONDARY SCHOOLS (MS or HS)

Baker MS-25400 Oak Dr, Damascus Montgomery Blair HS-51 University Blvd, Silver Spring

Briggs Chaney MS-1901 Rainbow Dr, Silver Spring

Cabin John MS-10701 Gainsborough Rd, Rockville

Roberto Clemente MS-18808 Waring Station Rd, Germantown

Forest Oak MS-651 Saybrook Oaks Blvd, Gaithersburg

Robert Frost MS-9201 Scott Dr, Rockville Hoover MS-8810 Post Oak Rd, Gaithersburg Walter Johnson HS-6400 Rock Spring Dr, Bethesda

Longview School-13900 Bromfield Rd, Germantown

Magruder HS-5939 Muncaster Mill Rd, Rockville

Neelsville MS-11700 Neelsville Church Rd, Germantown

Rosa Parks MS-19200 Olney Mill Rd, Olney Parkland MS-4610 West Frankfort Dr, Rockville

Poolesville HS-17501 Willard Rd, Poolesville Quince Orchard HS-15800 Quince Orchard Blvd, Gaithersburg

Sligo MS-1401 Dennis Ave, Silver Spring Takoma Park MS-7611 Piney Branch Rd, Silver Spring

Tilden MS-11211 Old Georgetown Rd, Bethesda

Watkins Mill HS-10301 Apple Ridge Rd, Gaithersburg

Westland MS-5511 Massachusetts Ave, Bethesda

Whitman HS-7100 Whittier Blvd, Bethesda

PARK SITES (PC, RP, or NP)

Argyle PC-1010 Forest Glen Rd, Silver Spring Capitol View/Homewood PC-2929 Edgewood Rd, Kensington

Clarksburg PC-22501 Wims Rd, Clarksburg Glenmont PC-3201 Randolph Rd, Wheaton Kemp Mill PC-120 Claybrook Dr, Silver Spring Ken Gar Palisades* PC-4140 Wexford Dr, Kensington

Leland NP-4301 Willow Ln, Chevy Chase Maplewood/Alta Vista PC-5209 Alta Vista Rd, Bethesda

Norbeck-Muncaster Mill PC-4101 Muncaster Mill Rd, Rockville

North Chevy Chase PC-4105 Jones Bridge Rd, Chevy Chase

North Four Corners* PC-211 Southwood Ave, Silver Spring

Northwood Ctr-919 University Blvd, W Wheaton

Olney Manor RP-16601 Georgia Ave, Olney Pilgrim Hills PC-1615 East Randolph Rd, Silver Spring

Quince Orchard PC-12015 Suffolk Tr, Gaithersburg Randolph Hills PC-11805 Ashley Dr, Rockville

Seneca PC-14500 Clopper Rd, Boyds Sligo Ave PC-500 Sligo Ave, Silver Spring Sligo/Dennis PC-10300 Sligo Creek Pkwy, Silver Spring

Spencerville PC-15701 Good Hope Rd, Silver Spring

Tilden Woods PC-*6800 Tilden Ln, Rockville

Veirs Mill PC-4425 Garrett Park Rd, Wheaton

* difficult access for individuals with disabilities

AQUATIC CENTERS See page 6.

COMMUNITY CENTERS (CC) See page 39.

SENIOR CENTERS (SrC) See page 4.

LIBRARIES (Lib)

Aspen Hill-4407 Aspen Hill Rd, Rockville Damascus-9701 Main St, Damascus Davis-6400 Democracy Blvd, Bethesda Gaithersburg-18330 Montgomery Village Ave, Gaithersburg

Quince Orchard-15831 Quince Orchard Rd, Gaithersburg

Wheaton-11701 Georgia Ave, Wheaton White Oak-11701 New Hampshire Ave, Silver Spring

GOLF FACILITIES

Kontera Dr. Range-7000 Murkirk Dr, Beltsville

Laytonsville-7130 Dorsey Rd, Laytonsville Northwest-15711 Layhill Rd, Silver Spring Rockville Tennis & Golf-14702 Southlawn Ln, Rockville

White Oak-10911 New Hampshire Ave, Silver Spring

OTHER FACILITIES

Children's Learning Center-4511 Bestor Dr, Rockville

Gymnastics of America-602A E. Diamond Ave, Gaithersburg

Hollywood Ballroom-2126 Industrial Parkway, Silver Spring

Inwood House-10921 Inwood Ave, Silver Spring

Stephen Knolls School-10731 St. Margaret's Way, Kensington

Kritt Studios-14817 Brownstone Dr, Burtonsville

MCRD Office-12210 Bushey Dr, Silver Spring

MD Table Tennis Center-19761Q Frederick Ave, Gaithersburg

Northwood Ctr-919 University Blvd, Silver Spring

River Falls Com Ctr-7915 Horseshoe Ln, Potomac

Rock Terrace School-390 Martins Ln, Rockville

Tilden Center-6300 Tilden Ln, Rockville Washington Sailing Marina-GW Pkwy between Nat'l Airport & Alexandria, VA

Recreation Service Regions

The Department of Recreation has five regional service areas, which follow the Government Service Center Regions. Information and registration for all recreation programs is available at all Regional Service Centers (RSC).

1 3
Bethesda-Chevy Chase301-983-4467 Bethesda, Chevy Chase, Potomac
11315 Falls Road, Potomac
East County240-777-4980 Briggs Chaney, Burtonsville, Fairland, NE Silver Spring
14906 Old Columbia Pike, Burtonsville
Mid-County240-777-4930 Aspen Hill, Olney, Sandy Spring, Wheaton, Brookeville 12210 Bushey Drive, Silver Spring
Silver Spring240-777-4900 Silver Spring, Takoma Park
2450 Lyttonsville Road, Silver Spring
Upcounty
12900 Middlebrook Road, Germantown



Courteous staff at Leland Community Center and a customer enjoy a laugh while completing the registration process.

Recreation Department Advisory Board

Montgomery County residents who are interested in working to promote the development of recreational programming as well as park facilities are encouraged to apply for appointments to an Area Advisory Board position or the County-wide Advisory Board.

Interested citizens should submit a letter and brief resume to County Executive Douglas M. Duncan, Executive Office Building, 101 Monroe Street, Rockville, Maryland 20850.

Community Recreation Centers

Community Recreation Centers (CRC) are located throughout Montgomery County. A variety of activities and programs are offered for participants of all ages.

Each center is unique and may have some or all of the following: gymnasium, social hall with dance floor and kitchen, game and billiards room or area, weight and exercise room, arts and craft room, and meeting room.

exercise reem, and erait reem, and meeting reem.
Rooms of various sizes at the CRCs are also available for rentals. Call for specific hours and availability.
Clara Barton Community Center301-229-0010 7425 MacArthur Boulevard, Cabin John
Bauer Drive Community Center301-468-4015 14625 Bauer Drive, Rockville
Ross J. Boddy Community Center301-570-1204 18529 Brooke Road, Sandy Spring
Gwendolyn E. Coffield Community Center 240-777-4900 2450 Lyttonsville Road, Silver Spring
Damascus Community Center (planned) 25520 Oak Drive, Damascas
East County Community Center301-572-7004 3310 Gateshead Manor Way, Silver Spring
Fairland Community Recreation Center240-777-4970 14906 Old Columbia Pike, Burtonsville
Germantown Community Center301-601-1680 18905 Kingsview Road, Germantown
Charles W. Gilchrist Center for Cultural Diversity240-777-4940
11319 Elkin Street, Wheaton
Good Hope Community Center301-989-1210 14715 Good Hope Road, Silver Spring
Leland Community Center301-652-2249

4301 Willow Lane, Chevy Chase

Long Branch Community Center301-431-5702 8700 Piney Branch Road, Silver Spring

Longwood Community Center......301-570-1200 19300 Georgia Avenue, Brookeville

Plum Gar Community Center301-601-0966 19561 Scenery Drive, Germantown

Potomac Community Center301-983-4471 11315 Falls Road, Potomac

Scotland Community Center.....301-983-4455 7700 Scotland Drive, Potomac

Upper County Community Center.....301-840-2469 8201 Emory Grove Road, Gaithersburg

Wheaton Community Center......301-929-5500 11711 Georgia Avenue, Wheaton

Aquatic Centers: See page 6

Senior Centers: See page 4

REGISTRATION INFORMATION

All registrations will be processed in random order of date they are received. There is no guarantee of placement together, but families with carpooling needs are encouraged to submit forms together. Incomplete registration forms or failure to include full payment will delay processing of your registration. Please check online or call the appropriate team to determine openings in specific activities.

You may list an alternate course in case your first choice is full or cancelled. Please clearly indicate on the registration form that the course number is an alternate choice.

Under enrolled classes may be canceled 5 days prior to first class. If it is within 5 days of the first class or the class has already started, please call the appropriate team before registering or going to class.

Five Ways to Register

- 1 RecWeb Online registration at montgomerycountymd.gov. Internet users must pay their account in full. If you need additional information, call 240-777-6840.
- 2 STARline members may register by using our telephone automated registration system. If you are interested in becoming a STARline member, complete the application on page 29. Allow two weeks for your STARline application to be processed. STARline users must pay their account in full. STARline registration number is 240-777-8277.
- 3 Fax 240-777-6857 Faxed registrations must be paid by VISA or MasterCard. Due to high volume, we are unable to confirm receipt of faxes. To avoid duplication, do not mail your original form.
- 4 Mail Montgomery County Department of Recreation Attention: Registrar 12210 Bushey Drive Silver Spring, MD 20902-1099
- 5 Full Service in-person registration:

Administrative Offices

240-777-6840

12210 Bushey Drive, Silver Spring M-F 8:30am-5:00pm

Registration is also available at Regional Service Centers (pg. 39).

Registration Confirmation

Confirmations will be mailed as registrations are processed. If you do not receive your confirmation, call 240-777-6840. A waiting list notification will be sent to you if you do not get placed.

Payment Information

- 1 Full payment must be made at time of registration. Do not submit registrations and/or payments to the instructor at the program. (See *Five Ways to Register*, above.)
- 2 Non-county residents must pay an additional \$10.00 per participant per activity.
- 3 Make checks and money orders payable to MCRD. Checks and money orders must include name, address, home and work telephone numbers, driver's license number, and participant's full name.
 - VISA or MasterCard payments are accepted. Registration form must include correct credit card number, expiration date, authorized signature, and authorized amount.
- 4 Financial assistance is available to county residents who qualify based on annual income and number of dependents. Verifiable proof of income (Federal Income Tax Form 1040EZ, 1040A, 1040, or Social Security Income Statement) must be provided. Financial assistance information and application form may be

picked up at any recreation office, community center, or swim center, or call 240-777-6840; or through the internet: mcrd.net or montgomerycountymd.gov.

Finance: 240-777-6840

- 5 Payment plans are offered to county residents who do not qualify for financial assistance. All payment plans must be paid in full at least one week before the start of the activity.
- 6 The Department of Recreation reserves the right to pursue all available options to collect any funds owed as the result of a dishonored check or credit card, charges incurred due to unsubstantiated credit card disputes, or any outstanding debt.

Withdrawal Policy

This withdrawal policy pertains to all Recreation Department programs unless otherwise noted in the program description or facility rental agreement. You may elect to receive a credit on your Recreation account for future programs or a refund which may be subject to a \$10.00 processing fee.

- 1 You will receive a pro-rated credit if your written withdrawal request is received on or after the start date of the program. It will not include previous program days missed. A refund of your credit is subject to a \$10.00 processing fee. No withdrawal requests will be considered after the last scheduled date of the program.
 - Mail your written withdrawal request to Montgomery County Recreation Department, Attention: Refund Request, 12210 Bushey Drive, Silver Spring, MD 20902; or fax to 240-777-6857; or send an email to rec.refund@montgomerycountymd.gov. The request must include the participant's name, payer's name, address and phone number, and reason for withdrawal.
- 2 You will receive a full credit if your written withdrawal request is received before the start date of the program. A refund of your credit is subject to a \$10.00 processing fee.
- 3 You will receive a full credit or refund (no processing fee) if the Department cancels a program, changes the location or time and you can not attend, the program is full, or you registered online and processed your own withdrawal online prior to the start date of the program.

All refunds will be issued to the payer in the same form (check or charge) as the payment was received. Refunds will be processed within 15 working days of receipt of your written request.

Cancellation Policy

The Montgomery County Department of Recreation (MCRD) holds programs and activities in its own centers, public schools, MNCPPC facilities and other private facilities. The cancellation of MCRD activities held in schools is determined by the Community Use of Public Facilities (CUPF) and is announced on WTOP am 1500 and WMAL am 630. The CUPF after hour's inclement weather line is 240-777-2706.

Weekdays, when schools are closed due to weather conditions, afternoon and evening activities are automatically cancelled, including those held in MCRD, MNCPPC and private facilities. Weekend closures may be determined by MCRD on a separate schedule. Announcements will be made on the radio stations noted above.

The MCRD program message line is 240-777-6889. This recording will be updated regarding any cancellations for MCRD classes, activities, sports programs and leagues.

For information regarding Aquatic program cancellations, call the aquatic center directly: MAC 301-468-4211, MLK Swim Center 301-989-1206 and Olney Swim Center at 301-570-1210.

Whenever any cancellations are announced, call MCRD's program message line at 240-777-6889 before attending any activity.



☐ Check here if n	ew address/pho	ne/email.	Pleas	se print. This form m	ay be c	luplicated.						
PAYER'S: Last Name				First N	First Name		_ Email					
Address					City			State	Zip			
Home Phone ()				Work F	Work Phone ()			Cell Phone ()			
	Address					City		State	Zip	·		
(if under 18 years)	Mother's Name	e			Email _							
	Home Phone ()		W	ork Pho	ne ()		Cell Phone ()			
	Father's Name				Email _							
	Home Phone ()	We	Work Phone ()			Cell Phone ())		
Participant's Nam (last, first)	ie	Birthdate mm/dd/yy		School Attending	Grade	Activity Name	Course Number	Location	Start Date	Start Time	Fees*	
											+	
											1	
											+	
											+	
*If you are a non-ı	esident, include	an addition	nal \$	10.00 per participant	t in the	fee for each activi	ity.	•			-	
☐ Check or Mone	y Order payable	to MCRD	, Attr	: Registrar, 12210 B	ushey [Orive, Silver Sprin	ig, MD 20902.	Total Ar	mount Due	\$		
☐ Master Card	□ Visa C	Card No				Ехр	oiration Date _					
CARDHOLDER:		Name (print) Signate				nature	ature Date					
If paying by credit	card, you may f	ax your re	gistra	ation form to 240-777	7-6857 .	If you need h	nelp completing	this form, please cal	l 240-777-6	840.		
of some activities, the pant also consents to	County encourages the County's use of	each particip any photogra	ant to phs ta	consult his or her physicia	an conce	rning fitness to particip gram. If the participar	oate in the progran	ing from participation in the n. The participant consents arent or guardian approves	to emergeno	y treatme	nt. The partici-	





October 3-4, 2003

Seneca Creek State Park 11950 Clopper Road Germantown

FREE

Friday, October 3, 2003 6:00pm to 9:00pm

Musical performance by The United States Navy Band "The Cruisers"

Hot Air Balloon Glow Fireworks Display Food and drink vendors Saturday, October 4, 2003

11:00am to 5:00pm

German food and beer garden, craft vendors, children's games and activities

Heimat Echo Band & Dancers (German Band)

Call 240-777-6821 for more information or see the website: okto.mcrd.net



Montgomery County
Department of Recreation
12210 Bushey Drive
Silver Spring, Maryland 20902